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HOUSE AND HOME

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HOUSE AND HOME

HOUSE AND HOME

A Journal for all Classes.

"An Englishman's House is his Castle."

"There's no place like Home."

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DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

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THE QUEEN AND H. R. H. PRINCESS BEATRICE.

[*Drawn and engraved by Owen Humphreys, by permission, from a Photograph by A. J. Melhuish.*]

The Columns of 'HOUSE AND HOME' are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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ENGLAND'S QUEEN AND THE PRINCESS BEATRICE.

By permission of Mr. Melhuish we are enabled to present our readers with an engraving from the favourite among photographs recently taken of Her Majesty.

Throughout her reign, and indeed throughout her life, Her Majesty has lived in full view of her subjects, who are well acquainted with the principal incidents of her life. For the purpose of refreshing their memory, however, and for the benefit of our younger readers, we briefly record the following facts.

Victoria Alexandrina, Queen of Great Britain and Ireland, and Empress of India, only child of the late Duke of Kent, and of Princess Louisa Victoria, of Saxe-Coburg, relic of the hereditary Prince of Leiningen, and sister of Leopold I., King of the Belgians, was born at Kensington Palace, May 24th, 1819. The Duke of Kent died January 23rd, 1820, and the education of the young princess was directed by the Duchess of Northumberland, under her mother's care. The early life of the princess was spent in seclusion.

Queen Victoria succeeded her uncle, William IV., on the 20th of June, 1837, and she was crowned Victoria I., at Westminster Abbey, June 28th following. Her Majesty was married February 10th, 1840, to his late Royal Highness Prince Albert of Saxe-Gotha, by whom she had issue: (1) H.R.H. Victoria Adelaide Mary Louisa, Princess Royal, born November 21st, 1840; (2) H.R.H. Albert Edward, Prince of Wales, born November 9th, 1841; (3) H.R.H. Princess Alice Maud Mary, born April 15th, 1843 (died December 14th, 1878); (4) H.R.H. Prince Alfred Ernest Albert, Duke of Edinburgh, born August 6th, 1844; (5) H.R.H. Princess Helena Augusta Victoria, born May 26th, 1846; (6) H.R.H. Princess Louise Caroline Alberta, born March 18th, 1848; (7) H.R.H. Prince Arthur William Patrick Albert, Duke of Connaught, born May 1st, 1850; (8) H.R.H. Prince Leopold George Duncan Albert, born April 7th, 1853; and (9) H.R.H. Princess Beatrice Mary Victoria Feodore, born April 14th, 1857, who has been in constant companionship with her royal mother during the long years of her partial seclusion, and whose portrait appropriately accompanies that of Her Majesty.

For an unusually long period the royal home circle was unbroken, but on March 10th, 1861, the Duchess of Kent died, after a short illness, and on the 14th of December, of the same year, the Prince Consort died suddenly of fever, to the inconsolable sorrow of the Queen, and to the great grief of the entire kingdom.

In his dedication to the 'Idylls of the King,' Tennyson, after paying a fitting tribute to the memory and character of the prince, thus concludes:

'Break not, O woman's heart! but still endure;
Break not, for Thou art Royal, but endure,
Remembering all the beauty of that star
Which shone so close beside Thee, that ye made
One light together, but has past and leaves
The Crown a lonely splendour.

May all love,
His love, unseen but felt, o'ershadow Thee,
The love of all Thy sons encompass Thee,
The love of all Thy daughters cherish Thee,
The love of all Thy people comfort Thee,
Till God's love set Thee at his side again!'

Although a monarch 'on whose dominions the sun never ceases to shine,' Queen Victoria sympathises with the meanest of her subjects, and it is not too much to say that she reigns in the hearts of the people. Alfred Tennyson's dedication to Her Majesty in March, 1851, is alike worthy of the great poet and its most gracious subject; and those immortal lines are reproduced by us, as presenting the noblest tribute to the rare virtues of Victoria the First, whom God preserve!

TO THE QUEEN.

Revered, beloved—O you that hold
A nobler office upon earth
Than arms, or power of brain, or birth
Could give the warrior kings of old.

Victoria—since your Royal grace
To one of less desert allows
This laurel greener from the brows
Of him who uttered nothing base.*

And should your greatness, and the care
That yokes with empire, yield you time
To make demand of modern rhyme
If aught of ancient worth be there;

Then—while a sweeter music wakes,
And tho' wild March the throstle calls,
Where all about your palace-walls
The sunlit almond-blossom shakes—

Take, Madam, this poor book of song;
For tho' the faults were thick as dust
In vacant chambers, I could trust
Your kindness. May you rule us long,

And leave us rulers of your blood
As noble till the latest day!
May children of our children say,
'She wrought her people lasting good;

'Her court was pure; her life serene;
God gave her peace; her land reposed;
A thousand claims to reverence closed
In her as mother, wife, and Queen;

* William Wordsworth, the previous Poet Laureate.

'And statesmen at her council met
Who knew the seasons when to take
Occasion by the hand, and make
The bounds of freedom wider yet

'By shaping some august decree,
Which kept her throne unshaken still,
Broad-based upon the people's will,
And compass'd by the inviolate sea.'

HYGIENE.

THE FIRST PRINCIPLES OF SANITARY WORK.*

By Dr. Alfred Carpenter M.D., Lond., C.S.S., Cam.

(*Concluded from Vol. ii., page* 293.)

However much, therefore, it may take the fancy of those opposed to sanitary work to support the idea that it would be better for the human race if insanitary conditions were allowed to hold sway among us, there is no real truth in the statement. It is contrary to our experience in nature for such a clumsy contrivance to exist, by means of which the human family would long ere this have been like the extinct monsters of former ages. We may banish the idea, then, that sanitary work promotes the growth of a diseased race and tends to weaken the whole human family. The natural tendency of disease is either for it to destroy the blighted being, or for the diseased material to be expelled from the body. If a few generations could be brought to obey the laws which common sense and sanitary science have already pointed out as necessary to be observed, hereditary disease might become a thing of the past, as much as some of those maladies which used to be common among us, but are now altogether lost sight of. But hereditary tendencies are of great importance at the present time, and must be carefully studied by the student in preventive medicine. If we consult any treatise upon medical practice published in the early part of the century, we find that the most learned physicians of those days taught that diseases had various names which distinguished them from others, and which were mainly derived from the particular organ affected. Thus inflammation of the lung was described as a disease completely separated from inflammations of other organs. It was regarded as an entity in itself, which must be discovered early and treated *secundum artem*. Pneumonia was pneumonia, and nothing more. Now, however, physicians who are not routinists have discovered that pneumonia is more often the local manifestation of a general malady than a disease limited to a particular locality. The physician now tries to find out whether the disease has a zymotic or malarious origin, in which case he knows that it is only the point at which the fever is more active in its effect than at other parts of the body. If not zymotic, it may be gouty in its character. He has then to inquire whether that gout has been inherited, or has been obtained by the manner in which the patient has been accustomed to live. Or he may find that it is tubercular in its origin, or due to infection from pyæmia or septicæmia. It may be syphilitic in its character, or be due to a malignant diathesis. These particular observations are of much more importance than the mere fact of their being local disease. They are tending to reduce to very moderate dimensions the classes of disease which affect the human frame. The registration of deaths in its present form is of no scientific value; and, except the inference which may be drawn from the total number of deaths as compared with those which are produced by zymotic causes, is useless for scientific purposes. It will be observed that deaths registered as caused by pneumonia may have had an origin in some constitutional condition of the system, which, if it were tabulated, might give valuable information. The table, as at present constituted, places deaths which have had a similar origin in every part of the list. I would suggest, as a necessary alteration of the law regarding registration of deaths, that the certificate which details the cause should be transmitted direct to the registrar; that it should be a confidential document, the nature of which the registrar should be prohibited from disclosing; and that it should be the property of the State alone. I make this suggestion because a large portion of the deaths which now arise are due to causes which are not, and cannot be, registered. I especially refer to those which have had a syphilitic origin, or which have been caused by continuous indulgence in intoxicating drinks. A very large portion of the diseases which affect particular organs, and in which the first starting-point is a kind of fatty degeneration of tissue, have their origin in the habitual use of intoxicating liquors. Head, heart, liver, kidney, lung, are all subject to this change, and the consequences are diffused over the whole list. The Registrar-General's returns, as at present constituted, give but little real insight into the habits of the people.

It is necessary for every family to have some knowledge of their hereditary tendencies, before they can take the best measures for the removal of such tendencies from their own persons. The prevailing diatheses and the hybrids which arise from intermarriage must be recognised and treated accordingly, if good health is to be obtained. Treatment must not be limited to those times at which there is a local manifestation of disease. Prophylactic measures are necessary in apparent health, as well as during actual illness. It is a mistake to suppose that the date at which a given illness has apparently commenced is that at which it really began. In the case of pneumonia, for instance, it may simply announce the moment at which the mischief has reached the boiling point; it may be the evidence of an attempt on the part of nature to rebel at the treatment to which the body has been subjected, rather than be the actual commencement of ill-health. It is an effort of the system to throw off morbid matter, and to commence its active removal. A dwelling-house is not a comfortable place to live in whilst repair and redecoration are being carried out. The necessity for repair and redecoration commenced some time before the workmen were actively set to work. It is not less so with the human frame. Illnesses are the means which nature sets up to throw out morbid or used-up material. It is generally the patient's fault, either from ignorance or wilful disobedience to law, if an organ become damaged in the operation. I wish particularly to dwell upon inherited tendencies, because it is often said that they belong to the inevitable, and families subject to them have to submit. This is not so; they can be removed. There is no reason why delicate parents should

* From an address delivered to the Sanitary Institute of Great Britain, at Croydon, October 22nd, 1879.

bring up delicate children, provided they are brought up in obedience to the laws of health; but, if they be coddled because they are said to be delicate, if they be removed from all those influences which make people strong and healthy, especially if they be made to take intoxicating drinks as a matter of course, they will be like to a naturally hardy shrub which has been kept in a hothouse and not allowed to experience the changes from heat to cold, or to feel those winds and storms which rivet it more strongly in the soil. If afterwards it be planted in the open, it dwindles or remains a poor looking shrub, liable to be acted on by blight, and is easily broken down by a moderate tempest or destroyed by a cold night. So it is with human beings if they be not in due time exposed to the changes which arise from heat and cold, to drought and moisture, to exercise and proper changes of food, and kept from stimulants. It is impossible for them to reach a healthy and vigorous manhood, or to go to the grave without the infliction of organic disease.

It is all-important for individuals to be aware of the tendencies which they may have inherited. He who has a gouty constitution or a tendency to fatty degeneration from indulging in excess of certain matters, may live quite differently from one who has a tubercular diatheses; whilst the man who is more easily affected by malarious disease should avoid conditions which scarcely affect the former at all.

DOMESTIC HYDROPATHY.

No. 2.

The *wet bandage* is a kind of continuous, painless blister or mustard plaster, and is of the same nature as a packing. A towel may do good service as a stomach bandage, but one ready made is better, consisting of a long strip of coarse diaper, doubled in front and brought several times round the body, after sufficient being wrung out in cold water to go once round the body. When covered with oiled silks or flannel, or both, it is called the heating-bandage, and is used in cases of low vitality—in constipation, weakness of the bowels, and colic. It is noted that 'hot fermentations give relief in colic, but rather favour future attacks, and should be used sparingly. *Intense* cold overcomes spasm as well as heat, without being weakening.'

In colic, hydropathists often administer the hot stupe, first over the abdomen (a stupe being a flannel bag filled with bran, on which boiling water has been poured, and the bag squeezed out in a towel), then quickly covered up. The wet covered bandage may follow with advantage.

There are other appliances of the water-cure system, as the sitz bath, in which you sit in water from two to six inches deep; it strengthens the whole pelvic region, cures constipation, piles, etc., and many painful disorders; the foot-bath, most popular in use; the douche, or a stream of water falling from a height upon any or all parts of the body; injections of cold or tepid water in obstinate constipation, etc., and other adaptations as most suitable.

A *bad cold* is one of the most common and distressing afflictions of this climate, and being always accompanied by more or less fever, the old proverb as to stuffing a cold and starving a fever is incorrect. It is much better, if possible, to fast entirely, or take the thinnest of gruel. At its very beginning, or as soon as practicable, take a hot-air or vapour bath, or wet sheet or blanket packs, thereby strongly exciting the action of the skin and relieving the congestion of the mucous membrane. There is no such magical application to relieve a cough as a towel wrung out of cold water and laid double or four-fold right over the chest. Cover with a dry towel or flannel and wrap up warm in bed.

Neuralgia or tic doloreux, as a local affection, when it can be reached, may always be relieved by *intense* cold, according to a good authority in the treatment of such disorders, as also by *hot* fomentation. Professor Kirk wraps the head in a blanket wrung out of hot water for neuralgia.

Headaches may be greatly relieved by first bathing head, hair, and forehead in tepid water. A cloth, wet out of cold water, may be afterwards put on the forehead; or, in severe cases, a wet towel wrapped round the head. But in the latter circumstances a *chimney* should be left, viz., a part of the head should be left uncovered for the purpose of evaporation. This is easily done by folding the towel in four parts lengthways. A sitz bath at 75° is also useful; and for habitual headaches, cold foot-baths. The wet bandage should be renewed when heated.

Sir John Forbes remarks that 'In a large proportion of cases of gout and rheumatism the water-cure seems to be extremely efficacious.' Sir Charles Scudamore, M.D., says, 'It appears to me that the subject of hydropathy is one of the highest importance to the civilised world, and that its principles and practice deserve the closest examination.' Travelling once by rail, we were somewhat interested in the conversation of a working mason, whose hand most unaccountably had taken to swell so much as to distress him exceedingly. He appeared to be a man of gross habit, but his contempt of the medical profession and despair of obtaining relief through it was unbounded. He narrated how one navy surgeon had recommended olive-oil to be rubbed in, another poultices or something else, but without affording the poor man the slightest relief. It was evidently a case of bad blood and inflammation. Knowledge sometimes comes too late to would-be advisers, but from having experienced something of the sort, we venture to assert that baths, or packs, and diet, in fact, purification, would have altered his opinion in respect to the healing art. It is a matter of common talk that brewers' men, who imbibe beer largely, get their blood so poisoned that a scratch will fester into a serious inflammation. In regard to hydropathy in general, we cannot do better than quote Dr. Mapother, Royal College of Surgeons, Dublin. He states: 'There is no doubt that large evacuations can be accomplished through the skin more safely than by any other secreting organ. Nothing escapes through the skin save what is noxious if retained.' By the judicious use of the diet cure and hydropathy we have therefore a safe, simple, and easily applied system of purification and renovation; a ready and effectual means of warding off disease and obtaining that greatest good—sound health of body.

The water cure treatment, as applied by a poor peasant of Silesia, Priessnitz by name, is now firmly established in Britain, and institutions, palatial in their appointments, are numerous enough, many of them situated amidst charming scenery,

more or less vegetarian as to their dietary, but all far beyond the means of most of us; so it is cheering to note that a real people's sanatorium has been lately opened in the East of London, thoroughly vegetarian and hydropathic as to its treatment, and, we believe, under the superintendence of Doctors Ellis and Nichols. It is situated near the London Fields, Hackney. None need the solace of the hot-air bath, invigorating and healthful, more than the working population of London, and all the practical advantages of hydropathy. May one become a thousand, so that the lamentable superstition may cease that man is heir to physical suffering as a necessity of his nature.

C. Delolme.

DIETETICS.

NOTES ON SOME OF THE

COMMON AILMENTS OF INFANCY,

WITH THEIR

HYGIENIC AND CURATIVE TREATMENT.*

By Benson Baker, M.D., L.R.C.P., Lond., M.R.C.S., Eng. etc., etc.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime;' 'Infanticide;' 'Baby Farming,' etc., etc.

(*Continued from page* 282.)

Constipation or Costiveness.

There are few subjects connected with the management of children that have been more misunderstood than the treatment of their bowels. The necessity for purgative medicines in the nursery would be materially lessened were children fed on the principles previously indicated. The common practice is to overfeed children, both in quantity and quality of food, and then to seek relief by purging. The same dietetic error is again committed, and again purgatives are employed; this leads to their frequent, if not continual, use, and is most disastrous to the child. It should always be borne in mind that the action of all purgative medicines is of a more or less irritant nature to the delicate mucous membranes of the stomach and intestines of the child. To continue the use of purgatives is to set up the miseries and sufferings that are attendant on irritation of the intestinal tract, and which frequently produce chronic dyspepsia. When the secretions of the intestinal tract are deficient or vitiated, purgatives are useful, as they increase or modify the secretions; but in a healthy condition they are not only unnecessary, but injurious. It should never be forgotten that the operations of nature are gentle and regular. *The tendency in a healthy condition of the bowels is to periodical movements;* the action of purgatives is to bring about this movement at *irregular intervals.* The *habit* of irregular action of the bowels is often acquired by repeated acts of unnecessary purging. This irregular condition of the bowels is often induced in children, otherwise perfectly healthy, from the prevalent idea that a 'fever powder,' a 'cooling powder,' a 'teething powder,' will be useful in *preventing* some disease prevalent in the neighbourhood, or in the fancy of the mother or nurse.

* A Sequel to 'How to Feed an Infant.'

When the child is suckled, the first milk secreted is sufficient to relieve the bowels of the newly born infant, and in the course of three or four days the bowels act regularly three or four times in the twenty-four hours. The first evacuations are very dark, or almost black; afterwards they become fluid, and of a bright yellow colour, free from a fœtid or acid odour. The motions pass without pain, or any considerable amount of wind. This is a healthy condition, and there is no need for physic.

Some children are costive to a certain degree; this merits attention. Thus, if a child has less than two evacuations in twenty-four hours, and they are lumpy, or with curds and watery matter combined, associated with flatulency and offensive, then the condition of health and habits of the mother should be investigated. The child may often be relieved by administering small doses of salines to the mother, such as Epsom salts, Seidlitz powders, or some of the natural aperient salines, or a small injection of soap and water and salad oil may be given to the child.

When the child is bottle-nursed, or weaned, equal parts of barley-water added to the milk and water will sometimes assist to get the bowels into a regular mode of acting. For very young children, 20 to 30 grains of manna may be given in some aromatic water, such as fenner, caraway, or dill water, and repeated every four hours until the bowels are relieved. This is a harmless way of giving a purgative—there are other mild laxatives, which often have the desired effect, viz., honey, treacle, a teaspoonful of salad oil, or syrup of violets and salad oil of each one teaspoonful.

Bottle-fed children, and children after weaning, are in danger of being overfed. The bowels become loaded, the secretions deranged, the child suffers from wind colic, great restlessness; sometimes the head becomes affected, and the child shrieks or moans, and talks incoherently in its disturbed slumbers, becomes delirous, and suffers from convulsions. The cause of all these symptoms may be due to irritation in the stomach and bowels, caused by injudicious feeding. When this is the case, a brisk purge will remove the offending irritation, and immediately all the alarming symptoms disappear. The wonderful relief thus afforded by a dose of purgative medicine makes a lasting impression on the minds of parents and nurses, and this has, unfortunately, led to their too frequent or continuous administration. The *abuse* of purgatives often causes all the alarming symptoms above described, by setting up and continuing intestinal irritation.

In the case of a child suffering from acute symptoms of indigestion caused by an overloaded stomach, or by improper food, such as nuts, etc., the administration of one teaspoonful of castor oil will act rapidly, and efficiently relieve the bowels of the child, and remove the distress and anxiety of the parents.

There is frequently more or less difficulty in giving medicine to children: the wonder is that they are not more rebellious, considering the nasty thick powders, half concealed in treacle or jam, which are put into their mouths and forced down their throats against their will—a proceeding which must be anything but agreeable to those concerned. Anything that will lessen the miseries of physic-taking in the nursery will be hailed as a boon by both patient and nurse. Medicine should be made as elegant and as palatable as possible for children. They should neither be tricked into taking it, nor have it forced down their

throats, but given to understand that they *must* take it because they are ill, and assured that it will do them good. The following prescription, taken from the Montpellier Hospital, for a purgative biscuit, may be given as an occasional purge. It will be found much less objectionable to the child than giving the same dose mixed in jam, etc.: Take—

One ounce of flour,
One ounce of sugar,
One egg,
One drachm of jalap,

and make into twelve biscuits. Each biscuit contains five grains of jalap, and may be given once or twice a day until the desired relief is obtained.

The one fact that cannot be too strongly impressed upon those having the charge of children is the *use* of purgative drugs *in health*. Their administration often necessitates the employment of astringents or carminatives to lessen the irritation, diminish the excessive secretion, and to allay the pain that is caused by their continued action. *In disease*, a judicious purge is often of the greatest service.

(*Commenced in No.* 33.—*To be continued.*)

THRIFT PAPERS.

By T. Bowden Green,
SECRETARY OF THE NATIONAL THRIFT SOCIETY.

No. 5.—*Commercial Thrift.*

Thrift is just one of those virtues which should be brought into use in the every-day business of life. Master and servant, employer and employed, should alike practise it, and that business is not properly conducted where waste of material, resources, time, labour, or capital is permitted to take place. Yet how often is this the case, the result being shown in the vast number of 'failures' which take place in every quarter where commercial enterprise is carried on. 'You may find two witty men, ten clever men, and twenty foolish men, before you will find one *prudent* man!' Such were the words of Old Humphrey on this subject, and they still remain but too true.

Thrift is by no means one of the ordinary qualities of the English business man, and as national extravagance produces national poverty, so commercial recklessness and thriftlessness produce sooner or later commercial disaster, ruin, and bankruptcy.

There is no doubt whatever but that the business of our large mercantile centres might be carried on at a vast saving of expenditure, whilst if the element of prudence were more generally introduced into commercial transactions, failures, bankruptcies, and heavy losses would be but rare instead of every-day events.

The recently adopted custom of trading largely on credit is doubtless the cause of much reckless extravagance, and should be avoided by those who desire to carry on their business honestly and economically.

Better purchases can always be made, and better bargains obtained, by cash payments than by the pernicious 'credit' system, whilst there is also a vast saving of trouble and anxiety. Why, then, it may well be asked, is it not more universally adopted? The answer is that a false impression seems very generally to prevail that it is better to obtain as much as possible on credit, and to postpone payment for as long a time as possible. It is proverbially easy to spend other people's money, and 'purchasing' goods that we are not able or willing to pay for at the time is equally easy.

The system is a thoroughly bad one, and should be discouraged on all hands; then would thrift have a better chance of thriving throughout 'the commercial world.'

INTEMPERANCE.

As a denizen in this great city, whose intelligence, worth, wealth, and progress render it one of the wonders of the world, there is a fearful plague-spot which darkens the atmosphere of London's glory, and if this dire disease progresses at the rate it has of late years, it must obscure the brightness and tarnish the lustre of England as a nation—I refer to the intemperance that prevails around us, to the gin-palaces which crowd our streets, and around whose doors, at an early hour of the day, even from noon to one o'clock, workmen are seen loitering, and too often enter—even young boys follow in their wake—boys barely in their teens follow the pernicious example of those who are so much older, and whose example is leading these youngsters on to perdition. Yes! the gin-palace represents to my mind the gate of the broad road that leads to destruction. And is perdition too strong a word as the result of intemperate habits? If anyone who reads this appeal thinks so, I refer him to the police reports in any daily paper. Nine-tenths of the crimes which disgrace us as a nation originate in intemperance. Men, and alas! women, are often reported as drunk and incapable; quarrels between men and their wives while intoxicated often take place, blows follow, and serious injury is done, sometimes ending in murder; after which the excuse is offered that the party concerned had been drinking, and knew nothing about it, and consequently is not accountable. But the men and their wives who thus disgrace themselves are not the only sufferers; the police often find the homes of those who receive good wages in a state of utter destitution, and poor little innocent children neglected, starving, sometimes dying, while both parents spend their nights and their money in unhallowed pleasures and drinking. After depicting this dreadful state of things, I remember that there is another side to this terrible picture, and I thank God and take courage—good men are come to the rescue, and if mortal effort can, with the blessing of God, save some, many souls will be plucked as brands from the burning and saved as from fire. In laying aside their habits of intemperance, these individuals will find themselves restored to respectability, health, and happiness. The allusion I have made to 'good men' refers to an article in your excellent journal entitled 'Dean Stanley on Coffee Taverns.' Since that tavern at 183, Wardour Street, Oxford Street, was opened, the Hon. and Rev. Carr Glynn, the highly respected Vicar of St. Mary Abbots, Kensington, has opened a coffee-palace and reading-room in High Street, where every possible inducement is offered to surround temperance with comfort and innocent pleasures. This institution, which may be termed 'The Poor Man's Club,' offers a refuge from possible discomfort at home—it offers the society of friends, with books and newspapers for the studious. While I reflect with delight on this good and great movement, the question arises—Can a woman help in this work? My own impression is that she can, and if you admit this letter into your journal, I will mention in another in what way the influence of women may act as a lever to rid society of the intolerable evil of intemperance.

Vérité.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: JANUARY 1st, 1880.

HOUSE AND HOME NEW YEAR THOUGHTS.

ALL the Aryan races rejoiced in the birth of a new year. They sprang, perhaps, from an Asiatic plateau where winter held its icy reign, and they longed for the sun's renewed triumphs. We English hail the new year. Distressing coughs, depression of spirits, arrest of labour, intensified poverty, follow in the train of frost and fog. But the sun rides higher and higher each day, and bids us wait only a little longer for warm breath, clear atmosphere, bright skies, and gay flowers. Well may we rejoice in the new year.

House and Home thoughts are both serious and joyous.

We look back upon the past year, and shiver at the recollection of its weather. The stars in their courses have fought against us. But for how many years they smiled on us! In the revolutions of *Law*, under a Divine Controller, good seasons return. A commercial typhoon fell on us in its fury, ravaging all coasts far and near. The calm *Eye of the Storm* assures us that the darkening rage will sleep in peace. Wars have disturbed us. When came they not? The stone axe, buried with the primitive savage, brained man as well as beast. Shall we have good from human fellowship, and not evil? The new year is surely coming when rude races shall awake from ages of barbaric isolation, and civilised ones be less under the rule of passion.

We look back upon the past year with thoughts of our households. Not a few troubles assailed us, but not a few joys awaited us. As the door closed, we left the wild storm of outside strife, and entered a quiet haven. Competitive selfishness sickened and crushed us without, but confiding affection soothed and comforted within. A refuge from the wintry blast, *home* was not less a shelter from a heartless world. It was a castle round which were the entrenchments of love.

But, as we look back, regrets bring moisture to our eyes. A dear one has, perhaps, been taken from the fold. Yet, with all the weight of sorrow, was there not an increase of wealth in family tenderness? There was something to bind the remnant more dearly together. It was a loss for a gain. Even the mistaken doings of one in the group have drawn the rest in sympathy. Yes, there must be a Moral Governor after all, when sweet fountains flow from such bitter sources.

Is there no regret in the *home* for past year's neglects? Had each striven to bring sunshine there? Was the other's good preferred to self's indulgence? Did the frown of the outside cross the threshold, and chill the little ones within? When the husband brooded over his trials, was he always mindful that his partner had hers at home? And could she, bothered with many domestic cares, venture to forget them as the bread-winner, weary and worn, came in for repose?

But the new year comes. While, then, we give a sigh to the past, let us turn to the future. If, as Palmerston once said, 'Regret is loss of energy,' we will only indulge it as an incentive to fresh effort. What, then, can be done to make house and home better this new year?

We must make outside and in more bright and fair. A man's over-weighed spirits revive at the sight of a comfortable home. A few shillings and a few evenings spent can make the very walls reflect the beams of gladness. The work of home adornment should be the task of the whole household. That young carpenter, when he comes from school, can make a rough box for mignonette on the window-ledge. That young seamstress can work a pretty cover for the rude couch. Her younger sister can cut out paper patterns of beautiful things to hang about the room. The tiny one can cull a flower to stand on the table at tea. Cleanliness and beauty in homes bring warmth and love to the hearts.

Let the new year give a fresh start to tempers in the household.

Each one knows the particular failing, and each must guard against it. That thoughtless little fellow must not say, 'Oh! I forgot;' for it is unkind. That pettish, wayward child may have been sickly, but need not be selfish. The silent bearing of pain, lest it trouble another, is a moral heroism that lifts the bearer heavenward, and gives a radiant countenance like that on Moses from the Mount. Boys' roughness may be softened, especially to sisters; and girls' sweet tempers can be improved with advantage. Mothers need not have such sharp eyes for faults, and so slow a tongue to applaud a good effort. Fathers could take more interest in the doings of children, and show more sympathy in their little trials. Partners together might be more charitable and tender, more prompt in self-forgetfulness, candid in speech, eager to remove a cause of offence, not too proud to acknowledge a mistake, and ever earnest to maintain a love.

With such new year's thoughts, how happy would be house and home! The eye of the *Father* would rest with complacency there.—J. B.

CURRENT OPINIONS AND EVENTS.

Few literary men have a wider circle of friends than had Mr. Hepworth Dixon. As an author, his personality was closely interwoven with his works; hence his readers generally regarded him as being a friend. His sudden decease will be lamented wherever the English language is spoken. Mr. Dixon was something more than an author. He was an acute student of humanity, sympathising with all efforts to benefit and elevate the masses. An ardent social reformer, he took an especial interest in the movement for improving the dwellings of the people. In his 'Life of John Howard' he recounts the noble efforts made by that philanthropist in improving the cottages of the labouring classes. As a shareholder in the Artizans', Labourers', and General Dwellings Company, he took part in the opening ceremony of the Shaftesbury Park Estate, Earls Granville and Beaconsfield being also amongst the speakers. On that occasion Mr. Dixon was proceeding to give his views as to the duty of the State to employ the public funds in rebuilding, on the first sanitary principles, the houses of the working classes—an investment which, he predicted, would not only be productive in increasing the health of the community, but one which would be safe and remunerative. It is to be regretted that the chairman, the Earl of Shaftesbury, interposed, and so ended a speech which might otherwise have been a valuable contribution to the discussion of an important social problem. It is certain that the speech would have been rich in suggestion. Many of Mr. Dixon's friends were hoping to see him in Parliament, but St. Stephens is not now to be graced by his presence.

Preaching to the children at Westminster Abbey on Sunday last, Dean Stanley said:

'They should not be jealous or tell stories against each other, nor lead another into mischief, because the worst harm that could be done to a young child was to tempt him or her to do what was wrong. If a child once began, the evil perhaps could not be remedied, and many years afterwards the man or woman would remember with bitter grief and indignation who was the first to lead him or her into evil ways. A bad word that was heard, a bad act that was spoken lightly of, often entered into the mind even of a young child, and remained there. There was a proverb which says, "Little pitchers have many ears," meaning that little children often heard more than was thought, and kept in their memories things that it was thought they must have forgotten. There should be the greatest reverence, the greatest fear, to restrain people from doing anything, by false, foolish, or flattering words, to spoil the conscience, the taste, or the character of a child. It was known what was meant by a spoilt book of which the leaves were ruffled and the colour stained: so the character of a child was spoilt or stained by the foolish indulgence or neglect of those about it. Parents should try not to spoil their children; children should try not to spoil one another, and to take care not to be spoilt themselves. There was another thing which children should be taught: it was that love and kindness included not only their brothers and sisters and relations, but poor people who were in suffering and want.'

Mr. Gladstone was inundated with presents in Scotland, and they are still flowing in upon him. When in Edinburgh, the right hon. gentleman was waited on by a deputation of hatters, for the purpose of ascertaining his size, when he stated that his head was of such a form that his London hatter had to work upon a special block. In acknowledging the receipt of the gift, Mr. Gladstone says:

'When I found it fit me so exceedingly well, I was sorry to think how much trouble you must have had, without the usual facilities, in meeting the case of my head, in the peculiar form of which the most charitable among my opponents might perhaps find an analogy for my political aberrations. I shall try to make it last long, that I may not soon part from the visible memorial of your kindness.'

Provost Walls, of Dunfermline, has received the following communication from Mrs. Gladstone, acknowledging the present she received from the female factory workers:

'Hawarden Castle, Chester, Dec. 19.

'Dear Provost Walls,

'Now that we have safely landed all the touching presents we have received, I hasten to examine them. But I little expected to find such fine table-linen and napkins! I hasten, in my own name and my husband's, to express the greatest gratitude for so beautiful a present. We have been showing it to many of our parishioners, and every one admires it. The pattern, too, is so very striking; and altogether we are delighted. Will you let the female workers know how very grateful we are to them? We shall ever value their present, and leave it to our children's children. Nothing could have touched us more than the pretty, generous contribution from the factory girls.

'I remain, yours truly,

'Catherine Gladstone.'

A very gloomy report respecting agriculture reaches us from York. At the York market on Saturday last a case was quoted of a farmer in the neighbourhood of Goole, whose land was mainly warp, in which, having sold his wheat-straw, he commenced to thrash. The result of half a day's labour with machine and engine and the necessary manual labour was the production of two and a half quarters of grain. Then the thrashing operation stopped as being unprofitable, and the straw and grain were parted with together at the prices given for the former, it being deemed unworthy of the time, labour, and expense to extract the latter. In another instance the farmer thrashed the growth of land, which on a average in ordinary seasons was wont to produce thirty quarters, and realised but six and a half; and there are other instances, almost innumerable, in support of these two cases, being but representative of the general experience, and what is being produced is in quality far below an average and the samples which are being sent from foreign markets. It may, therefore, be easily imagined that it is a serious question which is being asked by the Yorkshire farmer—'Whence is to come the rent?'

Two Namesakes.—The following epigram was made on the nearly simultaneous promotion of Shute Barrington to the see of Durham, and the transportation of the notorious pickpocket of the same surname beyond the seas:

'Two namesakes of late, in a different way,
With such spirit and zeal did bestir 'em,
That one was transported to Botany Bay,
The other translated to Durham.'

SHORT SERMONS FROM OLD TEXTS.

LIGHT! MORE LIGHT!

'And God said, Let there be light.' This expression of the divine command has been pronounced by Longinus, in his treatise upon rhetoric, as one of the purest examples of the sublime known in language. He is right. An act of transcendent power is recorded in words of superlative felicity and strength. But what of the act itself? No effort of the imagination can picture a world without light—light, without which life is impossible. The traveller lost in the wilderness, under a clouded midnight, can realize, when he sees the coming day the blessing of light, but he will be unable to form even a faint conception of the glory of that light which burst forth when the earth was a chaos, and 'darkness was upon the face of the deep.' Light brought forth life.

'"Light! more light!" Such were the last words of Goethe. This prayer of expiring genius is the general cry of nature, and it resounds from world to world.' So Michelet commences the peroration to the third chapter of his powerful work, 'The People.' He speaks of it as the cry of all living things, from the mollusca in the depths of the sea to the noblest of all created beings. Vegetable and animal life are alike dependent upon light, and without light man would waste and die.

We desire to apply it to the moral world. Man, in his moral and spiritual nature, seeks the light, needs it to aid his full development, and without it he sinks into the condition of the savage, or the brute, and no animal is more relentless and cruel than man when the animal instincts are predominant. Looking upon the face of the world, have we not reason to pray for 'Light! more light'? In the nineteenth century of the Christian era, we find regions of the earth dark and clouded, and filled with the habitations of cruelty. The interior of Africa is still unknown to us, and multitudes of the human race are in a state of bondage, slaves to idolatry and superstition, and victims to cruelties the recital of which makes the blood run cold. If we turn from the uncivilized to so-called civilized man there is little to cheer us. It is true there is much advance in art and science, and in the pomp and pride of literature, but we find powerful States lavishing their means upon armaments, and looking upon neighbouring States with an eye of jealousy or menace. The flower of each nation's physical strength is enlisted in its armies and navies. In the European States, not fewer than five millions of able men are drawn from the peaceful walks of industry, and trained to arms, and the highest scientific skill is devoted to the perfection of instruments of destruction. The honours of each State continue to be paid to the successful warrior. These are the outward signs of things—things that are seen, and what is not seen is the weakness of the substratum upon which all this ponderous machinery of war is built. The weight, the cost of the superstructure, is draining the life-blood of the industry which sustains it. The natural consequences follow. We have crimes of the most revolting description, poverty and destitution everywhere, and a treatment of children compared with which the infanticide of China is merciful. We hear of widespread famines over districts within our reach, almost at our very doors. These are not the only threatening demonstrations against us. There is a deep-seated and ever-growing discontent; whether in the shape of Nihilism, Communism, or Trades' Unionism, it is an appeal against the social systems which exist—against the false principles upon which society leans for strength. The discontent may be as unreasoning as avarice or hunger, and may mistake the means to ends, and often the ends themselves; but this is a mistake common among all classes, but it is not, as Carlyle expresses it, the 'inarticulate,' it is the articulate—the terribly articulate language of suffering that will not be appeased by the mere glitter of a prosperity which sheds no rays of sunshine or hope upon the cottage homes of each country. We want light upon the blots of our social system; light upon the dark places; light to guide us to a remedy; light to show to each man the plain line of duty.

We want light in our own country upon our statesmanship and upon our legislation. England governs an empire for which there is no precedent in ancient or modern times. When the voter ponders as to whom he will give his vote, he seldom, if ever, thinks of the momentous interests involved in our representative system, or of the responsibilities of citizenship. As a general rule, he is even unacquainted with the geography of the countries whose welfare is affected by our statesmanship. The following words from the mouth of a statesman of mature age and ripened experience supplies an epitome of what we have, as a nation, undertaken to do:

'There is no precedent in human history for a formation like the British Government. A small island at one extremity of the globe peoples the whole earth with its colonies, but is not satisfied with that. It goes among the ancient races of Asia, and it subjects two hundred and fifty millions to its rule there. Along with this it disseminates a commerce such as no imagination ever conceived in former times, and such as no poet ever painted. And all this it has to do with a strength that lies within the limits of these shores—not a strength that I disparage; on the contrary, I wish to dissipate, if I can, the idle dreams of those who are always telling us that the strength of England depends, sometimes they say, upon its prestige, or upon extending its empire, or upon what it possesses beyond these shores. Rely upon it, the strength of Great Britain and Ireland is within the United Kingdom.'

If this be so, then the people of this country must be active and earnest in removing home abuses. The domestic and social condition of a people are the measures of their strength. Is that condition improving?—is our strength increasing? and, if not, what are the causes of growing weakness? Is it true that with the increase of wealth the indigent classes become more numerous? Is it true that wealth creates and nourishes luxurious habits, and that such habits lead to dissipation and vice? The Bishop of Winchester, speaking at Southampton not long ago, said: 'No one acquainted with the state of society on the Continent and in England would deny that vice, among the young particularly, was on the increase. He traced this, in a measure, to the extended massing of the people in large towns, and a decreased exercise of home influence. The spread of education has been of great benefit, but one result of it has been that parents have felt less responsibility towards their children than they did fifty years ago.'

No doubt we have to pay, and dearly, too, for the progress

which has been made, and which has poured upon us so much wealth. Civilisation is a costly thing, but it will be ruinous if it leads to the deterioration of morals. An ancient writer said: 'Youth among the nations is like spring among the seasons.' Youth is ever renewing the race and filling up the ranks of those who are passing onward to the grave. If the result of all our attainments will be to weaken the home attachments, impair the filial and fraternal affections, deteriorate the moral being, and convert men into wealth-seeking and money-making machines, the solemn question remains: Where is the gain?

Our social evils are many, and they are apparent. The remedies are not so easy to discover or apply, but it is time that we sought them out. We want light! more light! The moral world of God is shrouded in a partial darkness, and His creatures are wandering in confusion, and in diverse paths, but away from those which lead to true happiness. Let us pray for more light, and let us labour through the year to diffuse that light which has been graciously vouchsafed to us. The people are perishing for lack of knowledge—let us hasten to their rescue. It is an appropriate prayer for the highest and the lowest—'Lighten our darkness, we beseech Thee.'

DR. JUNOD'S HÆMOSPASIA.*

While as sanitarians it is our mission continually to direct attention to the conditions of health, and enforce the importance of their observance, so as to remove in a large measure the conditions of disease; in view of the mass of suffering existing in our midst, it becomes our duty to circulate the facts respecting any new method of relieving the victims of diseased conditions. We believe most emphatically in the application of the axiom that 'prevention is better than cure' to sanitary and health science: yet, when the mistake has been made and the results present themselves, every principle of philanthropy points to the duty of affording to sufferers all possible relief.

The question will be asked, by non-professional readers at least, what is hæmospasia? And we doubt very much whether any great number of the medical profession in England could give an answer to the inquiry. For, although articles appeared in the *Lancet* in 1838 and 1851, and in the *Medical Gazette* in 1843, explanatory of Dr. Junod's method, very little indeed has been done towards even giving it a fair trial in this country. And yet thirty-six years ago the *Medical Gazette* described it as being 'a powerful and efficacious means, to which recourse may be had with benefit in numbers of pathological affections,' and as possessing 'marked advantages in the treatment of illness.' The pertinent question is asked and answered by the *Gazette*:

'Why is it not generally used? It is that it has failed to obtain the publicity which often falls to the lot of many useless, dangerous, and insignificant means. But this is not surprising: with the exception of things that appeal to the imagination or excite curiosity, there is no discovery or principle which has not encountered a formidable league of counter-opinion, habits of routine, and deep-rooted prejudice. But truth must prevail in the end, and succeed in taking hold of the minds of others.'

In 1838 the *Lancet* concluded its notice of hæmospasia as follows:

'We cannot close this notice without expressing a wish to see this method adopted by the physicians and surgeons in this country.'

In its article in 1851, the same journal says: 'Important effects have been obtained from it; amongst others, that of syncope, thus arresting the progress of inflammation without exhausting the strength. . . . For twenty years Dr. Junod has pursued his researches with praiseworthy devotion, and every year has added to his store of facts. The observations that he communicated to the Académie des Sciences induced that society to make reports so favourable to this invention, that now they have recourse to it, in a number of the French hospitals, to arrest inflammation.'

But the medical profession is essentially conservative, and the various works and treatises written by Dr. Junod in explanation of his system have remained untranslated into English, with the single exception of his book entitled, 'A Theoretical and Practical Treatise on Hæmospasia,' which was translated from the French and printed, 'for *private circulation* only,' last year by Mrs. E. Rowley Palmer, a benevolent lady, of whom it may be said, 'she goes about doing good.' And it is chiefly through the influence of Mrs. Palmer that an opportunity has at length been given for fairly trying the treatment in a London hospital—the St. Saviour's Hospital, Osnaburgh Street.

In subsequent issues we shall give our readers some idea of the apparatus and its *modus operandi*, noting also some of the results obtained. We will conclude our present notice by giving a selection from a large number of testimonials to Dr. Junod, from clinical professors and from hospital doctors, which will sufficiently indicate the high regard in which the system is held in France.

'I am deeply convinced by experience that there are numberless cases in which nothing can replace the method of Dr. Junod.'—*Bouillaued.*

'I join with my colleagues in recommending Dr. Junod to the favourable notice of the Council. His disinterestedness has been long known to me. It is much to be desired, in the interest of humanity, that our honourable colleague should be enabled to spread more widely a method which has already rendered such important service. His application has also the merit of economising expense in the treatment of a large number of sick people.'—*Nélaton.*

'I am happy to respond to the request of Dr. Junod. His apparatus is a truly rational one, and obtains the best results in numberless cases. He has conferred a great boon upon science.'—*Rostan.*

'Dr. Junod's apparatus is a most powerful therapeutical agent. Its more frequent employment in the hospitals is much to be desired. It would be advantageous to the patients and convenient to the management—the vacuum apparatus being often available instead of leeches. Those who, like myself, have often made use of the apparatus, cannot fail to be convinced that it is indispensable in numbers of cases.'—*Ricord.*

* *Aima*—blood; *Epao*—to draw.

CORBET'S CHRISTMAS;

OR,

FOR HOUSE AND HOME.

We are requested by many friends to reproduce this story in a handier and more durable form. We shall have pleasure in placing it before our friends in crown 8vo., limp cloth, at 6*d.*, if sufficient orders are received to warrant the proceeding.

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GEMS OF THOUGHT.

I gather up the goodlisome herbs of sentences by pruning, eat them by reading, digest them by musing, and lay them up at length in the high seat of memory by gathering them together, that so, having tasted their sweetness, I may the less perceive the bitterness of life.—*Queen Elizabeth.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.
Tennyson.

Do not believe those who too lightly say nothing succeeds like success. Effort—honest, manful, humble effort—succeeds by its reflected action, especially in youth, better than success, which, indeed, too easily and too early gained, not seldom serves, like winning the first throw of the dice, to blind and stupefy. Get knowledge, all you can, and the more you get, the more you breathe, upon its nearer heights, their invigorating air, and enjoy the widening views, the more you will know and feel how small is the elevation you have reached in comparison with the immeasurable altitudes that yet remain unscaled. Be thorough in all you do, and remember that though ignorance often may be innocent pretension, it is always despicable; but be you strong, like men, and the exercise of your strength to-day will give you more strength to-morrow. Work onwards and work upwards, and may the blessing of the Most High soothe your cares, clear your vision, and crown your labours with reward.—*W. E. Gladstone.*

With vivid words your just conceptions grace,
Much truth compressing in a narrow space;
Then many shall peruse, but few complain,
And envy frown, and critics snarl in vain.
Pindar.

He that hideth hatred with lying lips, and he that uttereth a slander, is a fool—so saith Solomon. The slanderer is, indeed, the worst of enemies. We may all have something in the past that has been an annoyance—a living thorn in the flesh to us. Whosoever inflicted the wound was certainly not our friend—what, then, is he who reopens it? The cankerworm may yet be gnawing at our bosom, though hidden from the eyes of men. He who lieth in the way, falsehood on his lips, deceit in his heart—who cometh in the night when no man seeth, and lays bare the yet throbbing gash in our heart's core, is worse than the fool, so much worse as treachery is ever deeper than folly. Beware, then, of slander and the lying tongue. It may be only to while away a passing moment that we listen to its noisome tale; but its instrument is a two-edged sword, and in its rebound from the fresh-gashed wound it may strike ourselves, and the keen edge of reproach may find an entrance through our own armour.—*H. Crathern.*

The drying up a single tear has more
Of honest fame than shedding seas of gore.
Byron.

A principle is a reliability, something you can trust in; safety as upholding you, security as protecting you, and serenity as enfolding you; symbolically it is your rudder to steer your conduct, and your compass to guide your conduct to the pole of right, as the end for which your conduct is pursued.—*F. J. Wilson.*

Every obstacle that prevents the nation availing itself of the large and high thought, of the tried, steady, and trusted principle, the superior knowledge, the greater far-sightedness, the rigid impartiality, the generous sympathy for suffering and indignation at wrong, of her best and ablest sons, ought to be removed. The only qualifications for members of Parliament should be knowledge, character, and capacity. Laws cannot equalise men, but they ought not to aggravate an inequality they cannot cure.—*Joseph Cowen, M.P.*

'Oh, we're sunk enough here, God knows!
But not quite so sunk that moments,
Sure, tho' seldom, are denied us,
When the spirit's true endowments
Stand out plainly from its false ones,
And apprise it if pursuing
Or the right way or the wrong way
To its triumph or undoing.'
R. Browning.

THE HOUSEWIFE'S CORNER.

CHEAP, WHOLESOME, AND SAVOURY FOOD.

Take one pound of East India rice, steep it in cold water two hours, then put it in boiling water; if it has been properly steeped it will be sufficiently boiled in five minutes; then pour the water from it and dry it over the fire the same as potatoes. Use it with the following gravy: fry some onions in three ounces of butter till brown and tender, then add a little flour mixed with some water, salt, and Cayenne pepper to the taste.

MIXED VEGETABLE PIE.

Take some potatoes, turnips, carrots, celery, and one onion, cut them in pieces, and season them well with pepper and salt, add some butter, cut in small pieces, and some water, cover it with a crust, and bake it. A little tapioca boiled in water to a jelly, and poured into the pie when baked, is a great improvement; asparagus, or sea-kale, is a pleasant addition. This pie is very good when cold.

POTTED MEAT.

To eight ounces of boiled rice take four ounces of potato boiled and well dried, mash both together with the yolks of six hard-boiled eggs, until it is all alike and appears like stiff paste; add pepper, salt, and mace, six ounces of fine bread-crumbs, and six ounces of clarified butter; mix all well together, and put it down in pots, and pour clarified butter on the top.

AN EXCELLENT BROTH FOR WEAK STOMACHS.

To a pint of water take a small table-spoonful of pearl barley well washed in warm water, a thin slice of good light bread, a sprig of thyme, or a small piece of mace; simmer till it is reduced one-half, then strain it and add salt to the taste. If approved, a little parsley chopped fine may be added, and a little good butter. This is an excellent substitute for chicken broth.

CHEESECAKES.

Set a pint of cream on the fire; when near boiling put in six yolks of eggs and half the whites, well beaten; when it becomes a fine curd, strain it through a lawn sieve, and while the curd is hot, slice in a quarter of a pound of butter. Let it stand till cool, then add two ounces of almonds blanched and beaten with orange-flower water, a little beaten mace, and sugar to the taste; bake them in puff paste. Add currants, if approved.

PORTRAITS.

THE following Portraits are in preparation:

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, ESQ., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, ESQ., M.P.
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EDWIN CHADWICK, ESQ., C.B.
Etc., etc., etc.

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A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. BOWDEN GREEN, ESQ., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued fortnightly. Subjects:

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2.—THRIFT IN THE WORKSHOP.
3.—COTTAGE THRIFT.
4.—PALACE THRIFT.
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7.—EVERYDAY THRIFT.
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MR. A. C. SWINBURNE.

MR. ALGERNON CHARLES SWINBURNE, son of the late Admiral Charles H. Swinburne, was born in Chester-street, Grosvenor-place, London, April 5th, 1837. In 1857 he entered at Balliol College, Oxford, as a commoner, but left the University without taking any degree. He then visited Florence, and passed some time with the late Walter Savage Landor.

His first production, published in 1861, was two plays—'The Queen Mother' and 'Rosamond'—and attracted little attention. 'Atalanta in Calydon,' a tragedy, appeared in 1864; 'Chastelard,' a tragedy, in 1865; and 'Poems and Ballads' in 1866. This last work was severely criticised, from which Mr. Swinburne defended himself in 'Notes on Poems and Reviews.' In 1867 appeared his 'Song of Italy,' and 'William Blake: A Critical Essay;' 'Siena: A Poem;' and the second part of 'Notes on the Royal Academy Exhibition,' the first part of which was written by Mr. W. M. Rossetti. In 1870 appeared 'An Ode on the Proclamation of the French Republic,' in which Republicanism is glorified. 'Songs before Sunrise' was published in 1871; 'Bothwell: A Tragedy,' in 1874; 'Essays and Studies' in 1875; 'A Note on Charlotte Brontë' in 1877; 'Poems and Ballads, Second Series,' in 1878. His latest work, 'A Study of Shakespeare,' will more than sustain his reputation as a critic. Mr. Swinburne has already gained a place among the foremost of living English poets.

HYGIENE.

COFFEE AS IN PARIS.

THE speech of Dr. Richardson upon coffee-houses, given in another column, will be read with interest. The doctor has something to say on the antiquity of coffee as a beverage, and he gives some interesting information upon the earliest established coffee-houses in this country.

Coffee has come to be regarded as an antidote to drunkenness: and active philanthropists are setting up 'coffee-taverns' with great rapidity, as a counteractive to the attractions of the ordinary public-house. There are reformers, especially dietetic reformers, who carry on a crusade against alcohol, tea, coffee, and all artificial beverages, giving no quarter to either, and, perhaps, in the abstract, they are right. We doubt, however, whether they are politic; and we incline to a view recently expressed upon the subject by the editor of the 'Vegetarian Almanack,'* that:

'Tea and coffee are not stimulants of an injurious kind, as a great many vegetarians please to term them, and condemn them with whisky and wine; but they are totally different: they are medicinal in their properties, and necessary to all systems, although some can do without them. Tea possesses many valuable properties, medicinal and nourishing. Coffee is one of the most invaluable plants that the Lord has given to us for our use; and those who wish to put down drunkenness and reform drunkards cannot bring a more powerful friend to their aid than the coffee-plant.'

In the present state of society, seeing that drinking is a social habit, the most likely way to put an end to drunkenness is to provide some substitute for alcoholic drink in houses of public refreshment, and in doing this the coffee-palaces are furnishing a drink. harmless, if not positively useful. Indeed, the fact that coffee has been a favourite beverage for ages indicates that it has valuable properties.

The active principle of coffee is termed *caffeine*, which is analogous with *theine* of tea. It is this principle, and the volatile oil developed during the process of roasting, that gives coffee its stimulating effect on the nervous system. But coffee is not so exciting to the nerves as tea, although in some persons it produces sleeplessness when taken at night.

Coffee has the popular reputation of diminishing hunger, and this view is borne out by the experiments of the great chemist, Lehmann, who concludes that it lessens the waste of the tissues, and so causes food to go further. The scientific deductions of the chemist are in agreement with recorded facts. The traveller, Bruce, gives the following account of coffee-balls, the food of the Galla:

'It is not a matter of small curiosity to know what is the food of the Galla, that is so easy of carriage as to enable them to traverse immense deserts, that they may, without warning, fall upon the towns and villages in the cultivated country of Abyssinia. This is nothing but coffee roasted till it can be pulverised, and then mixed with butter to the consistency that will suffer it to be rolled up in balls and put in a leather bag. A ball of this composition, between the circumference of a shilling and half-a-crown, about the size of a billiard-ball, keeps them, they say, in strength and spirits during a whole day's fatigue, better than a loaf of bread or a meal of meat.'

Although a favourite beverage in this country, but little care is exercised in making it, even in the home circle. At coffee-houses, as a rule, the decoction sold is execrable stuff. That vended at some of the coffee-palaces might be greatly improved; and conductors of such houses should not forget the advice of Mr. Samuel Morley as to the necessity of keeping up the quality of the article. At the better class of restaurants, however, a good cup of coffee can generally be had; but the *habitués* of

* Edited by J. Herron. Belfast: J. Robb and Co.; London: F. Pitman, 1880.

these places are often provoked by the very indifferent beverage they get at home. It has none of the flavour or aroma which is their delight.

We have been recently much pleased with the preparation of Messrs. Oliver, Oliver and Co., called by them 'French Coffee.' This is a judicious mixture, and, when used, will prevent the very prevalent disappointment respecting coffee. We have made from it a cup of coffee equal to any procurable at the best restaurants of London or Paris; and Messrs. Oliver, Oliver and Co. have certainly succeeded in bringing 'coffee as in Paris' within reach of the people of this country.

DR. RICHARDSON ON COFFEE-TAVERNS.

Opening a new coffee-tavern, 'The Plimsoll Arms,' 40, Upper East Smithfield, St. Katherine's Docks, a few days since, Dr. B. W. Richardson, F.R.S., said the movement was not entirely of modern growth. The practice of drinking coffee appeared to have originated in Ethiopia, but the first absolutely known of it was in connection with coffee-houses, when, in the fifteenth century, it was introduced into Turkey from Persia by one Genaleddin. In 1554, during the reign of Soliman, coffee-houses were opened in Constantinople by two men, named Schems and Hekin, of Damascus. These houses became so famous and such a grand centre for the assembling together of the people, that at last the Mufti had to suppress them, on the ground that they emptied the mosques. This was followed by the passing of an Act putting down the coffee-houses, the result of which was coffee-drinking in private houses: this, in turn, bringing on what might be termed a commencement of the licensing system, a duty of an 'asper,' or about a farthing, being charged on each 'dish' or cup. The drinking of coffee became such a habit of life in Turkey, that refusing it to a wife became good ground for a divorce. The introduction of coffee-taverns into England was not until 1652, when a Greek, named Pasqua, who had been abroad as servant to a Mr. Edwards, opened one in George Yard, Lombard Street. This was during the Protectorate of Oliver Cromwell. The Lord Mayor and Aldermen went to it, as well as most of the leading city people. A suspicion arose that these taverns were used for political meetings, and in 1660, when Charles II. was King, a tax of fourpence per gallon on coffee was imposed. This was followed in 1663 by another Act, requiring coffee-houses to be licensed by the justices at the quarter sessions, and in 1675 they were suppressed altogether by royal proclamation as seats of sedition. During the reign of James II., and after William and Mary came on the throne, coffee could be sold without any licence beyond the duty payable on its importation, but in its place came the introduction of the licensing system on strong drinks. Many people said it was impossible to gather people together for social purposes in other than licensed houses, and without stimulating drinks; but the past history of coffee-taverns gave that statement a direct contradiction, as they had held their own for over three hundred years. The only danger about coffee-taverns was that they might lead men from their homes. A man might, however, bring his wife and children to the coffee-house, leaving his rooms to be ventilated and purified in their absence, while they enjoyed a wholesome meal in a well-lighted and nicely decorated apartment. The coffee-tavern movement seemed to have taken ground in all directions, and he hoped that it would soon altogether supplant the tap. With reference to coffee, a statement was being circulated that it was injurious as a drink, that it kept up a constant irritation of the stomach, and brought on depression of spirits. There was a great deal of truth in that statement, as coffee could not be taken in excess without producing dyspepsia and irritation. Some people took it with a great deal of difficulty, but moderately used it was an invigorating, healthful, and wholesome drink, bringing a man's best energies into play. The quantity taken, however, must not be large, and what there was should be good. There was also cocoa sold at these places, which, as a general drink, was better and more wholesome than either coffee or tea, and he would recommend it in preference.

DIETETICS.

NOTES ON SOME OF THE COMMON AILMENTS OF INFANCY, WITH THEIR HYGIENIC AND CURATIVE TREATMENT.*

By Benson Baker, M.D., L.R.C.P., Lond., M.R.C.S., Eng. etc., etc.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime;' 'Infanticide;' 'Baby Farming,' etc., etc.

(*Continued from page* 7.)

Sleep and Sleeplessness.

Sleep is one of the most interesting and important phenomena of life, and has engaged the earnest attention of both philosophers and physiologists. Their observations, speculations, and demonstrations have been ingenious and instructive, and to some extent have explained the causes and objects of sleep. It is impossible in this note to do more than allude in the most cursory manner to the physiology of sleep, and to state some of the hypotheses and facts that may assist in comprehending the conditions that promote and disturb sleep.

The poet Young has described sleep as 'tired Nature's sweet restorer,' and in so doing has come very nearly expressing the *rationale* of sleep. There is evidence throughout nature of periodicity of repose and activity, and these alternations are conditions of life. There is no such thing as a state of continued and equal activity either in the animal or vegetable world. Life must be regarded as a succession of states in continued variation. The heart does not go on beating without a period of repose—between the beats there is a rest of brief duration; but if those rests be multiplied sixty or more times a minute, it will be at once apparent that a considerable amount of rest is provided for the most restless organ in the body. So also in respiration there is an interval between inspiration and expiration, which, if multiplied by eighteen times in a minute, gives fair interval of repose for the lungs, which are generally supposed to be continually active. The same law holds good in the vegetable world: there are periods of activity and repose. Sleep is necessary for flowers as well as for babes. The conditions under which flowers sleep, and the modifications which take place in their respiration, have certain points of correspondence with those which occur in the infant during sleep.

* A Sequel to 'How to Feed an Infant.'

Throughout the vegetable and animal economy there is an alternation of function, which takes place at regular intervals, corresponding with the alternations observed in the cycle of physical phenomena of the universe, and which is dependent upon our solar system. The same law of periodicity which governs the revolution of the earth round the sun is operative in the most minute functions of life, when not diverted or destroyed.

The flower awakes and opens its petals at the rising of the sun, and its circulation and respiration are quickened, and thus an increase of vital activity is insured. Sunlight is the period of the flower's activity, during which it is enabled to perform certain physico-chemical operations essential to its life and growth. It breathes, and in so doing takes in carbonic acid gas, and in its laboratory separates this gas into its elements, retaining the carbon for its own use and growth, and giving back the oxygen to the atmosphere for the use of the animal kingdom. This operation is continued during the working hours of the day, but when the sun disappears in the west the quietness and darkness favour its repose. The circulation and respiration become slower, and the activity in the laboratory is stayed; in fact, the process is reversed: when awake, the flower stored up carbon and gave out oxygen; but when asleep it takes in oxygen, and gives out carbon in the form of carbonic acid gas; hence the objection to flowers in a sleeping-room at night. Carbonic acid gas is food and stimulant to the flower when awake, but poison to the infant when asleep.

The alternation in the chemical operation and products of a waking and sleeping plant are suggestive of corresponding modifications in the animal economy. The results of recent physiological observations and experiments tend to show that during sleep oxygen is gradually stored up in the tissues of the brain, and that when a certain amount is accumulated it quickens its molecular activity, and thus arouses it from sleep. During the period of wakefulness the stored up oxygen is gradually eliminated, as shown by the amount of carbonic acid gas given off; and when the excess of oxygen is consumed, then a general sensation of inactivity and drowsiness pervades the system. In the plant, the fixation of carbon occurs during the day, and oxygen is given off; in the animal, at night, during sleep, the fixation of carbon (deposit of fat) takes place in the tissues, and oxygen is stored up.

Whether the above-described chemical changes are the ultimate causes of sleep cannot yet be decided; but it has been demonstrated that during sleep there is a diminished activity of the molecular cells in the brain, and coincidentally a change in the capillary circulation, which modifies the direction of the pressure. Thus there is diminished arterial circulation both in the quantity of arterial blood and in the rapidity of its movement, together with a corresponding increase of venous blood. Thus the direction of pressure during sleep is less from within, and more on the surface or membranes of the brain, and this condition renders activity of function impossible. The brain during sleep is essentially bloodless—that is, arterial (red blood) is not actively circulating. The brain, like every other organ of the body, must have periodical rest, because the exercise of function is destructive of its substance, and it is especially during sleep that nutritive regeneration of the brain structure takes place. If it were not for this wise provision of Nature, the brain would speedily become useless.

The conditions favourable to sleep are in harmony with the cyclic changes in nature, alternating from activity to repose. Sleep is due partly to the exhaustion of the nervous system, partly to absence of impressions on the nervous sense, and partly to the sluggish circulation of blood through the brain, and these conditions of the system are favoured by the quietness and darkness which characterise night. The brain is thus freed from the external impressions which are produced by light and sound, and, being less stimulated, the pulse falls in the evening, which is indicative of a slower circulation through the brain, and predisposes to sleep. Further, the exhaustion of the molecular action of the brain, caused by the wear and tear during the period of activity, permits of less stimulation to the circulation, which becomes sluggish and favours sleep. The dimished activity in the circulation in turn acts upon the brain; for, on the one hand, the circulation is dependent on the stimulus derived from the nerves; and, on the other hand, the nerves are dependent for their nutrition and power of stimulation on the blood supplied. It thus becomes evident that a disturbance in the balance of stimulation and circulation determines the various phases of function known as waking and sleeping, and the intermediate states of slumbering and dreaming. If the balance of circulation be still further disturbed, so that a more rapid circulation of blood through the arteries is induced, then excitement or delirium is the result; but if an arrest of arterial circulation greater than that which is required to produce sleep occurs, and the veins become distended with blood, then stupor or coma supervenes.

The infant, prior to birth, existed in a condition of continued slumber, and for the first eight or ten weeks after birth it should pass most of its time in sleep, only waking to take the breast and be made clean and comfortable, and then again going to sleep.

The period of infancy is characterised by an excess of constructive operations in the animal economy compared with the destructive ones, and sleep is the condition in which tissue growth proceeds with the greatest facility; consequently, nature requires that at this period of life the greater portion of the time shall be passed in sleep. The amount of sleep required varies with the growth and development of the system. At first about three-fourths of the twenty-four hours is passed in sleep, and gradually lessened to one-half or even one third of the diurnal cycle. The amount of sleep required by a child is much greater than that required by an adult, because it is the period of growth. The quality also of sleep enjoyed by a child is more profound and refreshing than that usually obtained in after years.

In sleep, as in most other bodily functions, the quantity and quality varies with the temperaments, and is determined by their idiosyncracies. There are children that appear always half asleep, and others are equally wide awake. No hard-and-fast rule can be imposed to regulate their sleep, but in the case of nervous, excitable children everything should be done to remove the impediments to sleep, and when they are asleep the greatest care should be taken not to disturb their sleep by loud talking or noises, which may not really awaken them, but make them slumber rather than sleep.

(*Commenced in No.* 33.—*To be continued.*)

The secret of all success is to know how to deny yourself. If you once learn to get the whip-hand of yourself, that is the best educator.—*Mrs. Oliphant.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME.

LONDON: JANUARY 10th, 1880.

THE HOME SECRETARY ON ARTIZANS' DWELLINGS.

WHEN the appalling evils resulting to society from the insufficient and defective house-accommodation of the poorer classes had forced Parliament to deal with the question, and Mr. Cross's Act began to be applied in London by the Metropolitan Board of Works, the expense of its application for a time startled the ratepayers, and threatened to terminate the experiment. Those who took a superficial view of the subject contended that the inhabitants generally ought not to be taxed for the benefit of a class; and it was alleged that many millions of pounds would be abstracted from the ratepayers' pockets, while it was doubtful whether any corresponding benefit would be conferred upon the working classes.

It is admitted that the over-crowding and disagreeable condition of many parts of London are a continual source of peril, not only to those compelled to 'live' in them, but to the general health; and hence the removal of the 'feverous alley,' as Charles Kingsley called it, and pestiferous court, is a benefit to the entire community; and the cost of such a boon may very properly be shared by all. But in nearly every case some public metropolitan improvement is associated with the pulling down and rebuilding of 'slum' property. Here, a court is removed; there, air and light are let into adjoining property; yonder, a thoroughfare is opened; while, in many instances, the proceeding fits in with, or is an important part of, an improvement scheme of general metropolitan concern and advantage. And seeing that this is the result, how manifestly unfair it is to charge against 'Artizans' Dwellings' the entire cost of acquiring and clearing sites and rebuilding dwellings!

Improvements in the house-accommodation of the masses are demanded and must be provided; and we are persuaded that however costly schemes for effecting this may appear to be, in the end they will be of great public benefit. The Metropolitan Board of Works is naturally anxious to proceed with due caution where large sums of money are involved; and while we think it might have pursued a more heroic course with advantage, we are not among those who condemn the Board for its inaction. The Board is indirectly responsible to the ratepayers, who have to be considered; and it is justified in endeavouring to save the pockets of its constituents. What is needed, however, is that the people should be educated into regarding the question as not being a mere monetary one, for when this is understood, the application of the Act will be comparatively easy.

Mr. Cross, in his letter laid before the Board on Friday last, shows his determination not to allow the Act to become a dead letter. The amendment obtained last Session relieved the administrating authority of the necessity of erecting on the cleared site an equal amount of house-accommodation to that removed, by making it optional whether the new buildings are erected on the same, or on some other convenient site. The Home Secretary, as the confirming authority, has been appealed to by the Board of Works to sanction several of its schemes, and in his reply Mr. Cross makes it clear that his first consideration is for the convenience and accommodation of the people for whose immediate benefit the Act was passed. He contends that whenever it is proposed to build on other than the cleared site, due regard must be had to the habits and requirements of the displaced persons, and that house-accommodation must be provided for them within a reasonable distance of the locality wherein they earn their living. And because the suggestions of the Board, in some instances, do not comply with these conditions, and with others of equal importance to the people concerned, he declines to sanction them.

We are pleased to note that Mr. Cross absolutely refuses to sanction the Board's proposal for further demolition, until accommodation for those who would be so displaced has actually been provided. We have again and again protested against the action of the Board in its wholesale demolition, without the slightest provision for the evicted; and the Home Secretary's action in this respect merits the warmest approbation. His position cannot be misunderstood. In concluding his communication to the Board he says:

'The Act, in conferring on the Secretary of State such power, leaves his discretion unfettered. But it is plain that he could not properly exercise the power unless he were satisfied that by some means or other protection was provided against serious consequences of the displacement of persons of the working classes. The proposition of the Board, as Mr. Cross understands it, is that the Board should at once clear and put up for sale or lease the substituted sites for houses for the working classes, and that, having done so, they should be free to clear the whole land for the western improvements and Gray's Inn-lane. But if this were done, the class of population to be displaced would be liable to suffer extreme hardships during the intermediate period, perhaps years long, whilst the new houses were being constructed on the substituted sites, and as is shown by the experience of the Metropolitan Streets Improvement Act, 1872, it is only too possible that houses would never be constructed there at all. To accede, then, to the

proposition of the Metropolitan Board would, it appears to Mr. Cross, be to render the protection of the Act altogether illusory. In his opinion it is essential that in these street improvements, the first step should be to provide houses for the working classes, to which those who are displaced belong, the next to carry out the improvements. If, therefore, he is now to be called on to release the Board from the statutory restriction, he must require not only that the whole of the substituted sites (with such addition as may be necessary to cause them to be sufficient) should be cleared, but that the houses should be erected thereon, and be made fit for occupation before the rest of the land is cleared for improvements; or if the Board prefer to proceed by stages, he will be willing to consider an arrangement whereby successive portions of the land may be cleared as soon in each case as houses have been erected on other sites sufficient to provide for a number equal to the number displaced. In conclusion, Mr. Cross desires to express his sense of the great difficulties which the Board must experience in carrying out this Act; but the practical solution he is convinced lies in their pressing on with all their energy the erection of houses for the working classes, which will suffer by the displacement of so many of their members, if necessary purchasing by agreement additional sites in order to make up the deficiency of those lands already at their disposal. The cost of such proceedings will doubtless be considerable; but it would be a just and legitimate expenditure, and it must be trifling in comparison to the loss that would be entailed on the metropolitan ratepayers either by appropriating frontage sites for dwellings for the working classes, or by protracting over a long series of years the execution of the street improvements authorised by the statute.'

CURRENT OPINIONS AND EVENTS.

THE *Builder* of Saturday last, in urging the importance of taking active steps under the Artizans' Acts, said:

'We ought by this time to have seen the practical commencement, even the completion, of two or three rebuilding schemes under the Artizans' Dwellings Act; but they still hang fire, and the evils which the Act was intended to remedy are continuing unchecked, if not increasing. Let us hope that 1880 will not be allowed to pass before more active measures have been taken in these matters. To fight the battle of improved habitations is a conflict which no one need be ashamed of being in earnest about, even at a time of great political and social difficulties which might seem at first sight to leave such a subject as architecture necessarily on one side. The battle, if not so calculated to draw the eyes of spectators, not so brilliant in its triumphs, or so instantaneously injurious in its defeats, is equally important for the national health and vitality, and may have social consequences much more lasting and far-reaching than we can see at present.'

The miserable action against Mr. S. C. Hall may now be said to be settled. Mr. Pepperell, who brought an action against *Social Notes* for wrongful dismissal, and who obtained a verdict, charged Mr. Hall at the Westminster Police Court on Friday last with perjury. Mr. Hall's representative handed to the magistrate a brief endorsed, 'no further action on either side,' and signed by Mr. Pepperell. Yet in the face of such an agreement Mr. Hall was dragged into a police court, but it must be some satisfaction to him for the weakness of Mr. Pepperell's case to have been exhibited in so public a manner. Mr. D'Eyncourt, in dismissing the summons, awarded five guineas costs.

The Tay Bridge disaster will direct attention to other 'triumphs of engineering skill.' *Vanity Fair* has the following upon 'The Age of Breakdowns:'

'The horrible railway accident offers a sort of ugly parable in action to people who watch closely. It seems as though our amazing advancement had brought us at last into a veritable age of breakdowns. Huge machines are launched, fitted with engines, weighted with merchandise, and sent to sea; a smart gale comes on; the elaborate steamer lurches about a little, and the work of the modern mechanic gives way; the vessel snaps in two, and takes a hundred or so of people to the bottom with her. A surprising Land Law is devised by a political mechanic; Cromwell's distressingly practical measures are to be forgotten; a subject country is to take on the aspect of the Elysian fields. After ten years' wear, the monstrous legislative machine smashes deplorably, and the regions that were to be sanctified by its action display phenomena the reverse of Elysian. A foreign policy is contrived which is to better the proceedings of the late Queen Elizabeth; the nations are to be very frightened of England, and our interesting country is to inflict the most appalling correction upon impertinent States which do not incline to embrace peace with honour as their ideal. Another breakdown comes, and the European community conducts itself like a pitcher of vipers. Weighty thinkers who write logic-books are not minded to reckon Mr. Ruskin as a serious person. The weighty thinkers may, of course, be quite right; but I fancy that if just a few of Mr. Ruskin's sayings were allowed to be effective, if a shade of morality were permitted to influence mechanics and politics, things might go a little better all round. But then, how can one listen to a talker who is not even dull? *Fors Clavigera*, edited by Mr. E. Jenkins, might be a powerful work.'

It is not often we turn to astrological lore, but, by a curious coincidence, at least, 'Orion's Prophetic Almanac' predicted that the year 1879 would go out amid disaster. The astrologer said:

'The celestial harbingers, as the year wanes, are dreary and gloomy in the extreme. No bright ray appears to illumine their dark bodings. The atmosphere will be turbulent; storms and shipwrecks prove greatly disastrous.'

The 'Publishers' Circular' gives its usual analytical table of books published in 1879. This table is divided into fourteen classes, showing the new books and new editions published during 1879, compared with the publishing season of 1878. In 1879 there were published: new books, 4294; new editions, 1540. In 1878 the number of new books was only 3730; new editions, 1584. Thus 1879 was more prolific of new books by 564, while the number of new editions was less in 1879 by 44.

At the recent conference on vaccination, Dr. Chrisp characterised the proceedings as being unwise, inasmuch as a discussion among the profession would tend to shake public confidence in vaccination. He said the profession was satisfied with things as they are. But the possibility of transmitting blood disease by the system of vaccination in vogue was admitted, which materially strengthens the case of anti-vaccinators.

Professor F. W. Newman, in a letter referring to the conference, says that to attack a perfectly healthy child under pretence of public health is a tyrannical usurpation which no

medical theory can defend. Even the statistics quoted he holds to be wholly wrong; and he is convinced that the medical faculty, as such, has proclaimed its own folly by contending, for twenty years together, that vaccination could not communicate blood disease. The guilt, he maintains, of poisoning healthy blood, under pretence of public health, and forbidding infants to grow up with blood unpolluted, remains with the law, on every surgeon, and on every magistrate who executes it.

HOMELY HINTS FOR THE HOUSEHOLD.

By the Rev. Frederic Wagstaff, F.R.H.S.,
Editor of the 'Lay Preacher.'

I.—The Real Object of a Home.

In the first place, take care that your home is *homely*. It is with a view to assist you in this that these articles are written; but counsel, however wise, and advice, however useful, can do little towards the attainment of this end unless the reader is determined that his home shall be home. Englishmen are apt to pride themselves on the superiority of their home-life, and to look down almost with scorn upon the benighted denizens of other lands. Continental nations, we sometimes say, have neither the thing, nor a word in their languages with which to express it if they had. It is the English alone who can sing, 'Home, sweet home!' Well, there may be some truth in all this, and some ground for our boasting; but unless we have greatly mistaken the lessons taught by some years of observation, in many parts of the country there is room for improvement still. A few months ago we wrote, for *House and Home*, some articles more especially bearing on the subject of economy in regard to household matters. We wish now to embrace a wider range, and to include, in a series of eight or ten articles, references to small yet important subjects, affecting what we may term the homeliness of home.

And here let us repeat that the first point to be secured is a *determination that home shall be homely*. Thousands of persons live in stately mansions, fitted up with the latest sanitary and other appliances, and with every room furnished after the first style of the upholsterer's art, who have still no home. Homeless English men and women are not all driven to shelter by night in the casual ward, or to wander in the streets by day. It takes very much more than money to make a home. Taste will very often perform miracles, and make a few pounds perform the work of hundreds; but even taste has a secondary part to play in this matter. The primary requisite is the possession of a love for home and a resolution to make the dwelling—whether it be a cottage or a mansion—all that that sweet word Home implies.

Remember that the home is first of all for the *family*—not simply a place for the entertainment of others, even of our friends. Yet is it not a fact that multitudes of houses are in reality hired for others, furnished for others, supplied with housekeeping apparatus for others, and from doorstep to attic kept solely for the entertainment of guests or for the benefit of visitors? This state of things is not confined to any one class or rank in life. Mrs. Grundy moves in all circles, and to propitiate that lady is often the first thought alike of the peer and the peasant. The great power of the age is 'society;' and poor and rich alike fall into the habit of consulting that wonderful power in laying all their plans of life. If driven to confess his inmost thoughts, many a man would exclaim with Mr. Merdle, in 'Little Dorrit': 'Do you see these premises? Do you see this furniture? Do you know the cost of all this, and who it's all provided for?' Now, so long as this feeling is allowed to influence us in the choice and arrangement of our dwellings, so long is it impossible that they can be in any true sense our homes. Nay, we even go a step further, and affirm that until we have thoroughly realised the truth that the house is first of all for the *household*, we are not prepared to use it properly for the entertainment of others. The true host is he who can make his guests feel 'at home;' and if he be not that himself, no man can accomplish this.

Yet one other preliminary remark. If home is to be made homely, then *each member of the household must share in whatever tends to secure this end.* Parents and children alike have their part to play; and one of the most important things in connection with the education of the young is to teach them how to make and keep a happy home. Children are always learning lessons, either for good or evil; and the lessons fraught with the gravest consequences are those which they learn within the enclosing walls of the house they call home. The comfort, the happiness—nay, the very character of genetions yet unborn, may be said largely to depend upon the training received during the years of childhood and youth.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(*The Editor is not responsible for the views of Correspondents.*)

THE BARK-CURE OF INTEMPERANCE.

TO THE EDITOR OF 'HOUSE AND HOME.'

Sir—

Dr. Dixon's letter in a recent number of *House and Home* is of great importance. His success in curing the craving for alcoholic liquors cannot be too widely known. If by graduated doses of bark the disease is successfully treated, it is of importance that the dose should be made known, and all other circumstances of the treatment.

In view of the alarming prevalence of intemperance, I appeal to Dr. Dixon for more explicit information, not for myself so much as for the benefit of

Thousands of Victims.

HYDROPATHY FOR THE PEOPLE.

TO THE EDITOR OF 'HOUSE AND HOME.'

Sir—

Would it not be well to give some definite information respecting the hydropathic establishment which is referred to in the last number as being 'near the London Fields, Hackney?'

Aqua Mera.

A Wallachian Song.—'Tartar, rein in thy steed! Hold fast thy bridle, Tartar! Tartar, try not to pass the river; or, by the cross of my father there shall remain no vestige of thee or of thy steed, Tartar! Tartar! where is now thy sword, and where thy gallant steed? Where is thy pride, Tartar? I warned thee not to pass the river, and now the crow is feeding on thy bosom, Tartar!'

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SIR WILLIAM JENNER, Bart., C.B., M.D., F.R.C.P., F.R.S.—'I hope it may have a wide circulation, as such a Journal cannot fail to be of service to all classes.'

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MR. THOMAS BURT, M.P.—'Such a periodical cannot fail to do good, and I should be glad if it could find its way into every home in the country. I shall order it of my newsagent for my own family.'

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'We can again speak very highly of its excellent contents, admirable get up, and exceedin ness. The portraits are very good.'—*The Christian Life.*

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'We have pleasure in noting the continued ad this very useful and interesting periodical, edited John Pearce, whose labours to put the Artiza Labourers' Dwellings Company upon a proper m commercial basis have been crowned with succes *North Metropolitan.*

'We gladly note its progress, and congratulate th upon the fact that so thoroughly useful and practic should thus maintain its ground.'—*The Pictorial*

'A very excellent little Journal.'—*The Medical P Circular.*

'Promises to become a truly useful publication in specially marked out for it by its originators. carefully examined the publication, and have be pleased with the high tone and the practical charac articles.'—*The Friend.*

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MR. ROBERT RAE.

SECRETARY TO THE NATIONAL TEMPERANCE LEAGUE.

MR. ROBERT RAE was born at Hamilton, near Glasgow, in 1823, and in his seventeenth year he became a total abstainer. He soon fell into harness, and in 1840 he became secretary to the Temperance Society in his native town. In the year following, having removed to Glasgow, Mr. Rae became associated with Mr. Thomas Knox, Mr. John Logan, and other active temperance and social reformers. In 1845 he co-operated in the formation of THE GLASGOW COMMERCIAL COLLEGE, an institution founded to provide means of training for young men in commercial life. For a number of years Mr. Rae acted as Honorary Secretary to this College, which subsequently became the present GLASGOW ATHENÆUM.

In 1846 he became secretary to THE SCOTTISH TEMPERANCE LEAGUE, a society which, in addition to the numerous agencies it sustains, publishes and circulates a large mass of literature on the Temperance Question. In 1853 Mr. Rae started the *Commonwealth*, an organ of social progress, which was well conducted and productive of much good, but which was discontinued in 1861, when Mr. Rae was appointed secretary to the NATIONAL TEMPERANCE LEAGUE.

On leaving Glasgow for London, the leading social reformers and religious teachers united in expressing their esteem for Mr. Rae, and their regret at losing him from their midst. In London Mr. Rae found a congenial sphere of work, and it is chiefly owing to his labours that the National Temperance League has extended its operations and widened its influence. In addition to the ordinary secretarial duties, Mr. Rae has the management of the *Temperance Record*, the weekly organ of the League, which has steadily improved under his able and judicious editing.

In 1871 Mr. Rae suggested a 'Medical Declaration concerning Alcohol,' which was prepared by the late Dr. Parkes, and was signed by 269 leading members of the hospital staffs, including Sir G. Burrows, Sir T. Watson, Sir H. Holland, Sir W. Fergusson, Sir J. Paget, Sir H. Thompson, Sir R. Martin, Sir D. Gibb, and Sir J. Bardsley. *The Medical Temperance Journal*, a sixpenny quarterly, issued by the League, owes much of its success to Mr. Rae.

Recently, the long established temperance publishing business of the late Mr. Tweedie has come into the hands of the League. There can be no more powerful agent of Temperance than the Printing Press; and with Mr. Rae's experience in connection with the Scottish League, we expect a great impetus will be given to the circulation of publications of an elevating character. The work certainly comes within the legitimate operations of the League, and we wish it abundant success.

DIETETICS.

NOTES ON SOME OF THE

COMMON AILMENTS OF INFANCY,

WITH THEIR

HYGIENIC AND CURATIVE TREATMENT.*

BY BENSON BAKER, M.D., L.R.C.P., LOND., M.R.C.S., ENG., ETC., ETC.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime;' 'Infanticide;' 'Baby Farming,' etc., etc.

(*Continued from page* 17.)

As children grow older, they become more wakeful, and begin to notice, and show other signs of increasing intelligence and activity; but there will be from the first regular periods of activity and repose. This natural regularity should not, if possible, be interrupted, for by so doing it becomes destroyed. One of the earliest and best habits that an infant can form is that of regular sound sleep; for on this depends not only the health and growth of the child, but also the health and comfort of the mother. An infant that sleeps all hours of the day, and wakes up at irregular hours in the day and night, interferes materially with domestic comfort and happiness, as well as injuring its own health. The repeated loss of sleep at night, together with the tax on the nervous system of an anxious mother, unfits her not only for her daily duties, but also affects injuriously the secretion of milk, not unfrequently rendering it irritating or even poisonous to the child. The mother suffers from the child's restlessness in the first instance, and afterwards the child, by being nursed on irritating milk, is rendered still more restless and irritable.

The disturbed function of sleep leads to the disturbed function of digestion, and the harmonious operations of life are rendered impossible. Health and comfort are to be obtained by accustoming the child to regularity in eating, sleeping, and all other natural operations.

Night is the season specially adapted for sleep, and a healthy child, under judicious management, will always be ready to sleep at the accustomed hour. Should it be restless, excited, and sleepless, an endeavour should be made to ascertain the active cause of the sleeplessness, and then remove it. There are certain conditions, which have been mentioned, that are essential for the promotion of sleep, and when they are interfered with, wakefulness is the consequence. One of the most common causes of sleeplessness in children is due to indigestion. During the first few weeks the child takes but very small quantities of milk at a time, and goes to sleep immediately afterwards. The operation of digestion favours sleep by determining a considerable blood supply to the digestive organs, and thus relieving the brain; but if the stomach or bowels be overloaded, dyspepsia, with its attendant symptoms of acidity, wind, and pain, renders sleep impossible.

The distension produced by flatulency will so interfere with the regular action of the heart as to disturb the cerebral circulation, and induce a condition varying from wakefulness to delirium.

* A Sequel to 'How to Feed an Infant.'

A child is sometimes unable to sleep at night from having been subjected to undue excitement during the day. An irritable state of the nervous system is thus induced, and repose is impossible. In order that diet may not interfere with sleep, the food should be easy of digestion, and not given in too large quantities, and, whenever practical, the child should have the benefit of outdoor exercise. Fresh air is both a tonic and a sedative—it promotes digestion and favours sleep.

Wakefulness is sometimes dependent upon a condition of the circulation in which the skin is hot and dry, commonly described as 'feverish.' In these cases there is usually strong arterial action; the pulse is quick, and the face flushed, and the child excited, or even delirious. This condition may be benefited by putting the child in a hot bath, 96° to 98° Fahr., and allowing it to remain in it for three minutes; or, if the feet and legs be cold and the head and face flushed, a foot bath up to the hips at 100° Fahr. will often relieve the disturbed circulation and induce sleep.

Constipation of the bowels, unhealthy secretions, or an overloaded bladder, are quite sufficient to render a child sleepless. The child should, from the first, sleep in its cot. The bedding should be firm, warm, easily dried, and the bed-clothes should be light, soft, and warm. The cot should be so placed as to be free from draught. The bed-room should have a fire in it during cold weather, so that the temperature may be 60° Fahr. The position of the head should be low, because it favours the circulation of the blood, and in some cases the position of the body is of great importance. The fact that the flow of blood is retarded by the erect position suggests the proper treatment when there is sleeplessness and excitement due to arterial pressure. In such cases the head should be raised, but where there is exhaustion the body should be laid horizontally and the feet raised. Attention to these details will amply repay the trouble.

If a child be well, it sleeps regularly and soundly, and awakes active and cheerful. On the contrary, if it sleep heavily, uneasily, irregularly, and when awoke is dull or fretful, it is a sure indication that some error has been committed either in the diet or management of the child. If no external cause can be discovered to account for this condition, then it may be reasonably inferred that it is sleepless because it is ill. The first step is to discover the cause of restlessness, and not to regard it simply as a condition distressing to the child and irksome to the mother or nurse, to be relieved by the administration of 'soothing syrup,' 'laudanum,' 'spirits,' etc. The mischief done by the administration of these agents can only be approximately estimated. The enormous quantities of quack soothing syrups, cordials, etc., given to infants in order to produce quietness and sleep, is the cause of thousands of deaths, and many thousands of debilitated and burdensome lives. In the manufacturing towns of Lancashire, the excessive mortality of children under one year is due, in a great measure, to injudicious feeding and a system of pernicious drugging. The effect of the cotton famine of 1862-63, in considerably diminishing infant mortality in Lancashire, is a suggestive commentary on the habits of the people. The mothers, not having work at the mills, stayed at home and nursed their children, instead of stuffing them with artificial and unsuitable food, and then dosing them with 'pennyworths of quietness,' as was their custom when work and wages were plentiful. In their ignorance, they preferred the appearance of sleep, in the form of stupor or congestion of the brain, rather than a crying child. This treatment, when it did not prove fatal, resulted in an imperfectly developed body and weak nervous system, totally unfitted to combat with the difficulties of life.

Continued wakefulness, when not caused by errors in diet and the child's surroundings, is a prominent symptom of nervous irritation in the child, and should at once attract attention. It is a danger signal, and points to the immediate probability of inflammation of the brain, especially in those children with large heads, when the cranial bones have not united, and the fontanels, or 'soft places,' on the top and back of the head, present an elevated appearance, showing a predisposition to water on the brain.

The opposite condition of wakefulness, viz., continued sleepiness in children, merits a passing word. It is often a sympathetic symptom of the brain with an overloaded stomach, or costive condition of the bowels, and will be remedied by a brisk purge. Not unfrequently, drowsiness in young children is caused by opiates and stimulants improperly given. If a young infant sleeps for hours in succession, and when aroused, instead of appearing bright and active, is inclined to fall asleep again, suspicion of improper treatment and of ill-health should at once be aroused. If the child has not been dosed, then it is ill. This drowsy condition may be dependent upon debility, deranged condition of the bowels, a vitiated atmosphere, if an over-crowded or ill-ventilated room, or to shock from fall, or shock to the nervous system from fear or fright.

(*Commenced in No.* 33.—*To be continued.*)

THE INFLUENCE OF DIET IN DISEASED CONDITIONS.

By C. Delolme.

It has been truly observed that 'the natural condition of man is one of health, long life, and great enjoyment;' but looking round, below the surface of society, with all our boasted civilisation, it may truly be said that sound health is rather the exception than the rule. The fact is, we are only beginning to understand the conditions of a healthy, enjoyable existence, so cheap, so attainable in the humblest house and home. It is, then, no wonder that there is so much unsoundness in our midst; for, although great advances have been made since the days when the plague decimated and leprosy prevailed, yet the most devoted of us to health-reform have to suffer for the ignorance of our progenitors, combined probably with bad breeding, and especially unwholesome diet.

Men take the greatest interest in the breeding and feeding of cattle, discussing the composition of their food, etc., so as to obtain the best possible development, but entirely overlook the building up of man himself, the highest of all possible developments. Hence the diminishing stature and feeble frames of millions of our race, the rickety children with large heads, small limbs, narrow chests, and minds to suit. Where is the family but reckons its gouty member, its sufferer from paralysis, from rheumatism, chronic headache, dyspepsia, cancer, and all that class of disorders whose name is legion?

Would-be food-reformers are morally certain that doctors no more venture to attack the root of all this evil than teetotalers the cause of the interminable craving for drink. Food-reform

does not pretend to settle all difficulties, nor does it ignore other necessary conditions of health so ably dealt with in *House and Home;* yet, besides basing its claims to public attention on the score of economy and *thrift*, on humanity, temperance, and consequent due control of the passions, it claims trumpet-tongued to announce indisputably that three-quarters or more of all the ills that flesh is heir to arise from improper feeding—from that daily taking in of food which as nourishment is impure, and unfitted for man as a decidedly frugivorous animal. What is meat, as sold at the shambles, but the dead and ready-to-putrify carcase of another animal? Cooking may render it more tender, and disguise the process of putrefaction; but the truth is, states Dr. Lees, 'fibrin of meat is albumen trembling upon the verge of decay, which sufficiently explains the proclivity of flesh-eaters to putrid and inflammatory disorders.' Sir Edward Barry, by feeding solely on partridges for a few days, developed a strong tendency to putrefaction. Meat also contains in itself an amount of diseasing or waste matter not yet cast out of the animal's body. 'Riotous eaters of flesh' have gout, and are liable to apoplexy. The impure blood, made of unnatural and often diseased food, produces scurvy, scrofula, tubercular diseases, consumption, leprosy, cancer. Never, for instance, was leprosy so rife in England than previous to the reign of Henry VIII., when meat was so cheap—beef and pork selling at a halfpenny a pound, and vegetables almost unprocurable.

Now vegetarians resist contagion, other conditions of health being right. The pure blood formed from grains and fruits resists and expels morbific matter. Living entirely on sound ripe or stewed fruit for a day or more will produce the best effects upon the system. In France they have the grape cure, living entirely on grapes, with a little wholesome bread—nothing else. It used to be a proverb that every epidemic stops at the door of a Trappist monastery, where the religious order there located practises vegetarianism. Everybody knows that fruit will cure scurvy, but they do not know that all kinds of blood-poisoning can be cured in the same fashion. It is to be remembered, however, that it is not enough to eat a quantity of fruit in addition to the usual meal of soup, flesh, fish, and fowl; it must take the place of them all. Bread, good bread, or the equivalent of bread, may commonly be eaten with fruit; but when we want the true medicinal effect of sound *ripe* fruit, it is best to eat that only, and refrain from all other aliment until it has produced its proper effect.

If a pure diet is preventative of so much disease, as evident by numerous instances of those who have passed through epidemics of cholera, yellow fever, and small-pox (that disease of dirt) unscathed, so also is it curative, as we shall proceed to show by examples selected out of many.

To begin with Smith's 'Fruits and Farinacea,' at page 75, on the beneficial effects of vegetable food on invalids, we find sixteen reliable cases of pulmonary disease, scrofula, epilepsy, apoplexy, ulcers, indigestion, accompanied by rheumatism, etc., cured by abstinence from all animal food, and subsistence on a pure diet composed of farinaceous and vegetable substances, with milk.

Dr. Cheyne, a Dublin physician, celebrated fifty years ago, lived freely, became enormously stout, lethargic, nervous, and scorbutic, and he tried medicine in vain, but was cured by a purely vegetable and milk diet, and wrote several works in defence of the system, to which he afterwards remained constant, as narrated in the *Dietetic Reformer* for July, 1879, under the head of 'Ancient and Modern Authorities on Flesh-Eating."

Dr. Lambe, after a career of success as a physician, was disgusted at the charlatanry of the medical profession, threw it up, retired to Warwick, but continued to treat all who applied to him gratis, and cured them of their ailment by his peculiar regimen—a vegetable diet and distilled water—with which he had cured himself, to a great extent, of disorders which had nearly prostrated him, and to which simple regimen, in his eightieth year, he ascribes 'the good share of health' which he had enjoyed, in spite of early weakness of constitution.

There is the historical case of Dr. Adam Ferguson, detailed in Watson's 'Practice of Physic,' and in the preface of one of Sir Walter Scott's novels. The doctor, at sixty-five, was seized with paralysis. Carried home, he sent for his friend Dr. Black, not a vegetarian. 'Turn a Pythagorean, man,' were the words of his friend. He did turn vegetarian at once, and recovered the use of his limbs and faculties.

Isaac Pitman, the renowned author of 'Phonographic Shorthand,' thus wrote to the *Times* on the 27th January, dated from Bath: 'About forty years ago dyspepsia was carrying me to the grave. Medical advisers recommended animal food three times a day instead of once, and a glass of wine. On this regimen I got worse. I avoided all meat and wine, and gradually recovered my digestive powers,' etc.

Mrs. Mary Nichols, of America, in a treatise entitled 'A Woman's Work on Water Cure,' narrates a great number of bad cases of all kinds cured by a pure diet, and hastened by judicious hydropathic treatment of the skin.

At page 39 of the 'Diet Cure,' by Dr. L. Nichols, is the commencement of an interesting chapter on 'Diet in Acute, Scrofulous, and Nervous Diseases.'

Gibson Ward, F.R.H.S., of Ross, in 'Food for the Million,' thus narrates: 'Three cases of epilepsy which lately presented themselves were immediately cured. A Nottingham manufacturer wrote to me—"I have a daughter twenty-seven years old, apparently a healthy woman with a ruddy countenance, who for the last seven years has been fearfully afflicted with epileptic fits. She had been in London last year (1877) for eight months, under the care of ———; but, as in all previous attempts, medical assistance had not been of the least benefit. This morning I met Mr. ——, and he wished me to write to you. If you can only give me a ray of hope, you will confer," etc. The reply was decisive and consolatory—'She shall never have another fit of epilepsy, if you only withdraw all flesh food, and give her at first a careful vegetable diet, as laid down here, and pure water.' As in every other case, the cure was immediate and final.

Many similar cases could be detailed, but they all present the same testimony—instant relief, and no more fits.

Taking a deep interest in this subject of diet and disease, the writer of this suggestive article has attended most public meetings of late years held on dietetic reform, and has often heard unsolicited testimony from among the audience, gathered by chance on such occasions. For instance:

Miss L——h H——t testified to the entire '*absorption*' and

'*dispersion*' of tumour, when near death's door, by abstinence from all description of flesh, alcohol, etc., substituting a most spare diet—almost bordering, for the time, on starvation—composed of pure elements of the vegetable world, as sound wholemeal bread and fruit; also by some amount of hydropathic treatment.

Mr. M——k cured of excessive prostration, weakness, etc., first by taking an expensive patent food; but, finding it composed mainly of lentil meal and pearl barley, prepared it himself, was constant to a vegetarian diet, and enjoys perfect health.

A working cooper, kidneys diseased, enjoys now perfect health and strength on a diet not exceeding the cost of sixpence per day.

A young lady, with open ulcer which would not heal, all treatment unavailing, was at length advised by an allopathic physician to try the purer diet, abstaining even from tea and coffee. The sore healed, and, thinking to return to the usual habits of society, she betook herself to her former diet, with the result that the old malady returned, to be again vanquished by a return to Nature.

The following testimony has been supplied by the proprietor of the Hygienic Institute and Vegetarian Restaurant in Oxford Street:

'J. N., a female, left Charing Cross Hospital very little better than when she went in for treatment of ulcerated stomach and bowels. Came to us, and after a few days' treatment with a bland diet, consisting of milk and coarse whole-wheat meal, recovers.

'J. P., clerk in the British Museum, been suffering for years from indigestion. After dining here a few weeks, and living as advised, recovers.

'Of such cases,' the proprietor states, 'we have an abundance, all asserting they have been martyrs to physic. Here is my own' (states the proprietor further): 'At twenty-five years of age I did not think I should live to see thirty; I am now sixty-six. Reformed dietary was the physician in my case. Am more active at sixty-six than at twenty-five.'

Finally, cases of diet-cure, after years of terrible prostration, and consequent melancholia bordering on suicide, are numerous enough. Evidently it is the stimulative, unnatural flesh diet which is reactive and lowering, like alcohol, in such cases; whereas the scientifically adapted farinaceous and fruity regimen renovated, purified, and strengthened the entire man.

Regarding drunkenness as a stomach disease, the effects of the diet-cure in most cases are marvellous. But this phase of the subject has been previously treated in *House and Home* independently.

J. Smith, of Malton, remarks, in his work previously alluded to: 'Few parents are aware of the moral mischief they bring on their children by training them early to the use of animal food. By stimulating the constitution it weakens the digestion of the weakly, and develops the robust prematurely. The moral evils of prematurity are enormous.'

'BLIND AS A BAT.'—The phrase 'blind as a bat' is not justified by facts. It is true the bat's eyes are none of the largest, but they answer all necessary purposes. Besides, the animal can find his way about without them, if need be. Lazaro Spallanzani, an Italian anatomist, proved by a series of cruel experiments with blinded bats, that they would fly round a room and out at the door without coming in contact with anything, and pass between threads without touching them, though the width between was barely sufficient to admit their expanded wings.

TRICHINOSIS.

THE imagination of the ancient philosophers led them to conceive man as an epitome of the macrocosm, that is, of the universe, or great world; and hence they styled him microcosm, or little world. They were no doubt helped to this fancy by observing the numerous parasites that, like the flocks and herds of the earth, draw their life's blood from the fluids and solids of the human body. If Hippocrates and Aristotle cherished this conceit by remarking the *helminthes stronguloi*, and the *plateiai*, as they called them, that inhabit the intestines of man, what would they have thought of the researches of modern science, by which is revealed some score of distinct kinds of parasitic animals, whose habitat is in the cavities of the human body, and whose element of life is human flesh and blood? What would they have said of the case of the unfortunate German who died some time ago in the Mark of Brandenberg, and whose body was estimated to contain fifty millions of living worms? His, it is true, was an extreme case of trichinosis; but of late years this terrible malady has been making dangerous progress in various parts of Europe, and to have even a few millions of trichinæ gnawing at one's vitals is a calamity not to be thought of. The microscopic parasite which gives rise to the disorder trichinosis is the *Trichina spiralis*, a worm-like creature, measuring about one-thirtieth part of an inch in length and one-seven-hundredth part of an inch in diameter. Such is the female; but the male is only about one-fourth of these dimensions. Thus the creature appears when found in the intestines of an animal. When discovered imbedded in the flesh, however, it is rolled up in a spindle-shaped cyst or capsule; and in this condition, through the medium of animal food infested by it, it finds its way to the human stomach. Within three days of its arrival there, the cyst breaks; and the animal, set free, begins almost immediately to propagate its species. Unlike many of the allied genera, no eggs are laid, but the young are brought forth alive, and that, too, to the number of one thousand at a time. According to many observers, this extraordinary fecundity is kept up for seven weeks continuously. At the moment of their birth, the embryons set forth on their journey of destruction and death. Without auger, hook, or boring apparatus of any kind, by their very minuteness they work their way to the remotest regions of the animal at their mercy; now toiling through the tissues, now carried swiftly along by some blood-current into which they have fallen. Their destination is any lean or muscular part of the body whatever, except the heart; in the fatty tissues they are never found, in the cellular very rarely. Arrived at its journey's end, the embryon soon developes into larva, or reaches its second stage. If perchance the animal it inhabits is the natural food of some other animal, it will sooner or later reach the stomach of the latter, where, bursting into maturity, it will bring forth its hosts of progeny to recommence the same fatal round. Should the animal it inhabits remain uneaten, the trichina continues dormant, rolled up in its chrysalis-like shell. It is when mature in the intestines, or in the larval stage in the muscles, that the parasite overwhelms the human subject with grievous disease or death. Among the lower animals most liable to become trichinised may be mentioned the mouse, rat,

and cat. The great source of human trichinosis, however, is the pig, and the chief cause of the infection from this animal is that its flesh is, in many quarters of Europe, eaten imperfectly cooked. It will be found generally that where this practice prevails trichinosis is most abundant.

'Raw meat gives fierceness to animals, and would do the same to man. This is so true that the English, who eat their meat half raw, seem to partake of this fierceness more or less, as shown in their pride, hatred, and contempt of other nations.' So said the celebrated physician De la Mettrie; and various authors in other countries, though not perhaps with the same brutal frankness, have not been behindhand in taking up the tale. Whether it is that these foreign writers have succeeded in establishing, in their respective countries, their own narrow-minded and opinionated notions respecting our habits of eating, or whether they have given mouth only to prejudices already existing there, it would be difficult to say. Of this, however, there can be no doubt—that the notion about English raw-meat proclivities is wide-spread in Europe. Yet no one knowing his country will for a moment deny that the truth is all the other way, and that there is not in all Europe a nation more adverse to the practice of which it is accused. In no country of Europe is less raw, half-raw or underdone food consumed than in Britain; and in no country are the inhabitants more particular about the preparation of food; and that, too, when we even take into consideration such capricious but exceptional fancies as 'high' game. The fox-hunting squire and the swearing lord of the last century, it is true, had a predilection for underdone, and it is chiefly the modern heirs of their manners and morals who like to see blood in the gravy. To the English child of all ranks this is revolting, and so is it to the working classes and the great body of the English people. Especially have we in this country a repugnance for underdone bacon, ham, and pork; and to this, more than to anything else, is to be ascribed our exemption thus far from trichinosis, which is now appearing with such fatal results in many parts of Europe. Putrefaction will not kill the trichinæ; they have been known to retain their vitality for sixty-two hours in a liquid which remained at a fixed temperature of seventy degrees; and they live as freely in salted as in fresh meat. Subject them, however, to 160 degrees of heat, and they inevitably perish. Notwithstanding the vigilance of the German sanitary authorities in inspecting microscopically all bacon and hams sold, the disease continues to make rapid strides; and an explanation of this must be sought for in the great consumption by the German people of ham partially cooked or quite raw. In Berlin alone there were last year 102 cases of trichinosis, many of which proved fatal; and this year, it is said, a much greater number have been affected. In Eastern Prussia the malady is yet more prevalent; while in Denmark and many of the South German States cases are continually occurring. If it be true that the consumption of imperfectly cooked food brings about the malady, the wonder is, not that the Germans should be afflicted with trichinosis, but that they should escape any one form of parasitic animal, from the *cysticercus* and *filaria* to the tape-worm and the terrible *strongylus gigas*.

Pork sausages are, for the Germans and Danes, a fertile source of trichinosis. There are four sorts of them—the blood-sausage, the liver-sausage, the brain-sausage, and the meat-sausage; and, in the great majority of cases, they receive no other cooking than that of being hung in the smoke. As with the sausage so with the far-famed *Schwartenmagen* or 'sowmawhamkin,' as they used to call this kind of pig-haggis in Scotland. To be hung in the smoke, and then eaten, that is the fate of the 'sowmawhamkin.' Equally popular with these, as an article of uncooked food, is smoked ham, cut in thin slices and served up without further preparation. Not to mention the raw and often dirty *sauerkraut*, so frequently devoured by the German peasant, the raw herring must not be forgotten. As the herrings leave our ports, gutted and preserved in salt, they are already fit for the German table. It will be in vain, then, for the German Government to make laws against trichinised bacon, in vain for German butchers to form themselves into unions for mutual protection, so long as the German people continue to eat the flesh of the swine uncooked. What tends to confirm the belief that the spread of trichinosis is due to imperfect cooking is the circumstance that America is the great source of the bacon consumed both in this country and in Germany; and whereas the malady is yet unknown in England, where the food is well cooked, it is playing sad havoc in Germany, where smoked bacon is the order of the day. It is hard to account for the prevalent cases of trichinosis in Italy and Spain, and for its appearance in France, in which countries the German custom of eating smoked ham and sausage does not generally obtain. In the first-named countries, imperfect baking, the favourite method of cooking, may afford an explanation; while in France the disease has been traced by some to the custom prevailing among many of the peasantry and artizans of eating cats. We wish not for a moment to drive from the English breakfast-table one of its daintiest aliments, yet it is well to remember that of the hams examined by experts at the instance of the Chicago sanitary authorities, eight per cent. were found to contain trichinæ. To render such hams as harmless as chicken-broth, the remedy is simply thorough cooking.—*Newcastle Chronicle.*

ALLIGATOR SOUP.

The Hon. Secretary of the Food Reform Society writes:

'When the soup was disposed of, Frank Buckland asked a famous gourmand sitting near him, how he liked it?—"Very well, indeed," was the answer. "Turtle, is it not? I only ask, because I did not find any green fat." Buckland shook his head "I fancied it had a somewhat musky taste, but not unpleasant," remarked his neighbour.—"All alligators have," replied the host. Half a dozen of the suddenly enlightened diners started on their feet, and two or three slunk out of the room. Had they been told it was the entrails of the filthy pig, or the equally filthy-eating duck, they would have pronounced this unnatural food for man excellent. Tell them it is alligator and their gorges rise.

'Free lectures on food are given on the first and third Thursday evening in each month, at the Franklin Hall, Castle Street, Oxford Street, the object being to dispel the dense ignorance that prevails on the nature of food, and to induce some persons to eat more on rational principles, and drink less.

'Whale nerves, with sweet sauce, croquettes of rats, or stewed sea-snails and tadpoles, or hashed dog, with cakes of coagulated blood, are quite as reasonable a diet as what the generality of our so-called enlightened classes eat. We pray for "our daily bread," and devour almost anything else.'

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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*** *Only approved advertisements will be inserted.*

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

HOUSE AND HOME

LONDON: JANUARY 17th, 1880.

THE LONDON WATER SUPPLY.

No more important branch of sanitary science can engage the attention of the public than that dealing with the water supply. An ample provision of pure water is a desideratum in every household.

But it is obvious that however pure the water may be when it leaves the reservoirs, unless care is taken to preserve it in that condition, and prevent its contamination its supposed purity will be a delusion and a snare. The residents in a district supplied from the purest source may be exposed to disease by reason of the defective cistern arrangements in their own houses. In other words, the universal element may be delivered in a state of purity at their very doors, only to become charged with sewer-gas as soon as it finds its way into the cistern.

Last week three persons were convicted for refusing to comply with the conditions of the Water Act, 1871, and, although the prosecutions may appear to be harsh, yet when defects in cisterns, or in the pipes connected with the water service, are discovered, they ought to be remedied, and the landlord can only be got at through the tenant, as the following report shows:

At the Clerkenwell Police-court, William Torrell, of 47, Rupert Road, Upper Holloway, was summoned by the Governor and Company of the New River for wilfully neglecting to comply with certain regulations made under the Metropolis Water Act, 1871, and duly confirmed by the Board of Trade.

Mr. Lyon, barrister, prosecuted, and stated that this was one of three prosecutions by the New River Company which were very important, not only to the district immediately concerned, but to the community at large. If certain regulations, sanctioned by the Board of Trade, were not carried out, the water got fouled and wasted. In this instance the defendant had a waste or overflow pipe which ran its contents into a drain, the consequence being that foul air made its way up the pipe and contaminated the water. The defendant, some months since, received a notice from the company to remove the waste-pipe, or else to convert it into a 'warning-pipe,' as described by the Act. The defendant neglected to do this, in spite of frequent cautions that he would be summoned if he did not comply with the regulation.

The defendant pleaded guilty, but said that his landlord ought to be regarded as the responsible party.

The Magistrate said this was a most important prosecution, for the defendant by his conduct was likely to spread dangerous fevers. He must inflict a fine of 20s. and the costs of the summons.

Charles Layton, 12, Upper Hornsey Road, was next summoned for having violated Regulation 13, made under the provisions of the same Act. This regulation provides that every cistern which is used in connection with the water supplied by the company should be made and maintained water-tight, and should be properly covered and placed in such a position as to render it capable of being inspected and cleansed at any time. It also provided that every cistern shall be furnished with a sound and suitable 'ball-tap' of the valve kind, suitable for the inlet of water.

Mr. Lyon said the defendant had received constant requests to comply with these regulations, but had neglected to do so.

Evidence was given that there was insufficient covering to the defendant's cisterns, so that the water got fouled. There were two cisterns in the defendant's house, which were difficult and dangerous to get at, and there were two ball-taps which did not work effectually.

The defence was that the water was sometimes thick, and prevented the valves from working properly. The cisterns were accessible by a ladder.

The Magistrate said that the New River water had the reputation of being the best in London, and it was highly important that the cisterns should be properly covered and kept clean. He ordered the defendant to pay a fine of 40s. and costs.

Margaret Lane, of 37, Liverpool Road, Holloway, was also fined 30s. and costs for disobeying the same regulations. In this case the defendant said she had no cistern, and was obliged to receive the water in a butt as it came in.

It is quite common, even in new houses, for the plumbing to be done in a very unsatisfactory manner, and the contractor, to save material, often runs the overflow-pipe directly into the sewer; while the cistern itself is, as a rule, put in a position in which it is next to impossible to cleanse it. Often, too, the only cistern in the house supplies the closet, and the water is contaminated from this source.

There can be no doubt about the defective water-supply arrangements in most houses, even among the well-to-do classes. There are tens of thousands of houses in London in which no provision is made for periodically cleaning the cistern, while defects in construction or arrangement obtain to an equal extent.

How is this? We have district surveyors, whose duty it is to see that in all new houses certain regulations are complied with, and if their instructions do not extend to securing the most approved water-supply fittings, they ought to be amended so as to cover this prime requirement. Then we have medical officers of health, sanitary officers, inspectors of nuisances, and a whole tribe of costly sanitary machinery; but, in spite of all, the most defective arrangements and workmanship are passed

in the first instance, and afterwards permitted quietly to remain until an epidemic occurs to direct attention to the most palpable defects.

Owners of property are extremely culpable in neglecting points which so materially affect the public health; and they ought to be subject to a heavy penalty for letting premises devoid of the most perfect water-supply arrangements. There can be no doubt, however, but that the cistern system is a mistake, whenever the cistern is employed as a storage for water. With the constant-supply system, a cistern is admissible, and it should be so placed as to be of easy access for inspection and for cleansing purposes. And when landlords and water companies make these provisions, householders should be compelled under penalty to give the small attention requisite to prevent the water from becoming contaminated under their own roof.

CURRENT OPINIONS AND EVENTS.

The Surrey Grand Jury have taken a sensible view of the open space question. They have unanimously recommended that the site of Horsemonger Lane Gaol should be appropriated by the Surrey magistrates for the purpose of a recreation ground for the people of Southwark. Mr. Hardman said he had no doubt the magistrates would be ready to give every attention to the recommendation of the grand jury, but there appeared to be some difficulties in the way of complying with their wishes, inasmuch as the site of Horsemonger Lane Prison was given back as compensation for extra cell accommodation at Wandsworth, and as the magistrates were the trustees of the county ratepayers in the matter, they had to consider the interests of all parties.

Speaking at the opening of the Albert Institute, at Windsor, on Saturday last, H.R.H. the Prince of Wales said:

'It must always be an agreeable duty to me to inaugurate any enterprise connected with the name of my lamented father, and especially an exhibition which, like the present one, promises to perpetuate his high inspirations, and to secure those social objects which he had so much at heart. It is my earnest hope that the building erected in the royal borough, and identified with his labours and beneficent life, may prove a permanent benefit to the people of Windsor.'

In presiding at a conference of delegates from co-operative societies on Saturday last, Mr. Thomas Hughes, Q.C., said, regarding bonuses to employés:

'They had met together that afternoon to consider whether the co-operative societies were prepared to acknowledge, in the case of those persons who worked for them, the great principle that the labourer was worthy of the results of his work, and that that was the first principle which should regulate the productive and distributive industry of the future. He should be sorry to think that co-operators in the southern division should go wrong upon this subject, and say that they were not prepared to treat their employés on the lines of their professed principles.'

Mr. Benjamin Whitworth, M.P., made a statement of great interest and importance to tea-drinkers the other evening, when presiding over a meeting. The hon. gentleman said that he had been an abstainer from alcohol for sixty years, but that being in a bad state of health several years ago, he consulted Dr. (afterwards Sir) Dominic Corrigan, of Dublin, who, finding that his patient was in the habit of drinking tea made in the ordinary way, advised him never to drink tea which had stood more than two minutes and a half after the boiling water had been poured upon it. Mr. Whitworth followed this advice, and was soon in good health again. There is much in this experiment. Two minutes and a half is long enough to extract all that is useful, while the deleterious properties are thus avoided. By being subjected to heat for a longer period the tannic acid is liberated, and this principle induces indigestion, and brings tea-drinking into disrepute.

A recent issue of the *Provisioner* asserts that during the last few weeks there has been very little short of a milk famine, and that had it not been for the persistent exertions of milk vendors in procuring supplies from hitherto untried sources, for which they have had to pay more than they obtained from their customers, the public would have had in many instances to go entirely without milk. It is suggested that while other articles of general consumption vary in price according to supply and demand, milk should follow suit, instead of being charged, as hitherto, to the public one uniform price throughout all seasons and circumstances.

The National Thrift Society at Oxford.—A largely attended meeting of the National Thrift Society was held at the Town Hall, on Saturday evening. In the unavoidable absence of the Mayor (Mr. Alderman Galpin) the meeting was opened by Professor J. E. Thorold Rogers, who commented on the importance of the movement now being widely developed throughout the country by the agency of the National Thrift Society; viz., that of encouraging and promoting the periodical and systematic saving of small sums. Professor Rogers mentioned that some 20 years ago he established a Penny Bank in Oxford, which well served its purpose at the time, and now that the movement had been so successfully resuscitated, he trusted that it would be permanently maintained. In the names of the trustees he then declared the Oxford Penny Bank open for the receipt of deposits. Mr. T. Bowden Green, the founder and secretary of the National Thrift Society, was also present, and took part in the proceedings. The trustees of the bank include Sir W. Vernon Harcourt, M.P., Dr. Percival (President of Trinity College); Rev. Canon Ince (Christ Church); Mr. G. Herbert Morrell, J.P. (a Vice-President of the Society), and many of the leading residents in the City and University. The depositors on Saturday evening were several hundred in number. A large gratuitous distribution of the society's thrift literature formed an important and interesting part of the evening's proceedings.—*Times.*

Most men work for the present, a few for the futnre. The wise work for both—for the future in the present, and for the present in the future.—*Guesses at Truth.*

LIVING TOO FAST.

THERE is a growing disposition upon the part of Englishmen to spend more than they earn. Possibly, most of the extravagant ones act on the hope that "something will turn up" to relieve them of the consequences of their folly. If they are not quite content to leave the morrow to take care of itself, they seem to have a profound faith that that day will bring something which will relieve them of their embarrassments. In the present they rush into debt with calm contentment. They take big houses, though they do not know where they are to get the money to pay the rent of the same. They furnish those houses magnificently—on credit. They run up formidable bills with tailors, drapers, milliners, and so on. They live on the fat of the land, as an inspection of the books of their butchers, fruiterers, confectioners, greengrocers, etc., would show. Lookers on, acquainted with their antecedents, are prone to marvel at their good fortune and to wonder where they have got the money from. But time soon begins to tell a tale. By-and-by the cringing servility of the butcher becomes changed for thinly-veiled insolence; and the other tradesmen who have been honoured with the custom of the impecunious ones become more anxious to have their bills settled than to receive further orders. They learn to treat with contempt the promises of their debtors to call round and pay. The ladies are now and then told, with more emphasis than politeness, when they evince a disposition to extend their patronage, that they need not trouble themselves to be so condescending. The gentlemen dread going to their offices, and they dread returning to their homes, for they know that at either place duns or rude letters will probably be waiting for them. Yet, even when affairs have reached this pass, the hard-pressed individuals display no inclination to amend their ways. They show no sign that they ought to cut down their expenditure. They continue to live, so to speak, from 'hand to mouth.' They bate not a jot of their pretensions to be 'somebodies.' Their sole end and aim appears to be to tide over the moment. When Block declines to provide them with beef on credit any longer, they pay a visit to the shop of Cleaver. They raise money on their personal effects. They borrow from such of their friends as are foolish enough to lend, and 'forget' to return what they borrow. They tell lies without end in order to convince a sceptical public that they have an immense amount of cash coming to them in the immediate future. When they have pledged their credit to the last farthing, and when they have not a way of 'raising the wind' left to them, and when they have an army of angry, clamorous, and not-to-be-appeased creditors howling at their heels, they liquidate or take a plunge into the bankruptcy court. They promise to pay dividends varying in amount from sixpence in the pound to ten shillings; but it often happens that before they have paid all the dividends which they have covenanted to pay they are once more providing occupation for accountants and bringing all their friendly creditors—who, as often as not, are bogus creditors, manufactured for the purpose of swamping the genuine creditors and making things easy for the debtors—to their assistance. But when they are liquidating or otherwise arranging their affairs they do not betray any anxiety to be economical; nor do they seem to feel that they are perpetually bringing disgrace upon themselves, inasmuch as their lives are lies, and shams from top to bottom.

The man who lives too fast is invariably a humbug and a liar. His children are brought up in an atmosphere of trickery, and have their moral senses irreparably blunted. They know that they are not what they seem as a family, and they conclude that everything else is not what it seems. They learn to regard all sorts of miserable artifices not only as legitimate but actually creditable. In many a case they imagine that they may do anything without becoming immoral, so long as they do not bring themselves within the clutches of the law. Indeed, they seem to think that law and morality are synonymous terms, and that your respect for either may end where your fear of the other terminates. Thus, when they go out into the world to play their parts, they are not rendered unhappy on discovering that they cannot pay all men what they owe them. They do not evince any appreciation of the fact that their vicious conduct ramifies through the whole community, causing bankruptcy and distress, and breeding general distrust. Yet they are amongst the very worst social scourges which afflict us. What is it that often brings to grief the honest and legitimate trader but the individuals who will persist in living too fast, and who live so fast that they are unable to liquidate the debts which they contract? Men would not, probably, have reason to be suspicious of each other if it were not for him and his fraternity. As it is fair-dealing people are entirely through his instrumentality distrusted without cause, while impediments, which ought not to exist, are placed in the way of their getting on. In face of all this it is fair to say that persons who live too fast, living, as they do, upon false pretences, make it exceedingly difficult for even well-meaning persons to consent to appear just what they are. You cannot look around you without detecting their sinister influence at work. Go into a promiscuous assembly, and what do you find? You discover that Brown, who is a clerk, and in receipt, say, of a hundred and fifty pounds a year, leads you to understand that his salary is about double what it is, and that he has the tastes of a sprig of the nobility as well as the power to gratify them. You discover that every butcher, baker and candlestick maker, to say nothing of the nondescripts who are accustomed to despise tradesmen, because they themselves are merchants, brokers, and what not, all assume that their profits are much greater than what their ledgers would, probably, indicate them to be. You discover nobody likes to own that he is hopelessly and chronically unable to make both ends meet until he has actually the bailiffs in the house. The consequence is that you do not believe one half you hear as to the wealth of your neighbours. At the same time you are occasionally tempted to put your foot further forward than you can pull it back; and the great misfortune is that when once you are in the mill of pretentiousness and extravagance, you find that it is exceedingly difficult for you to recover yourself. Those who live too fast are among the first to admit the folly of the proceeding—so far as their neighbours are concerned. But they seem unable to apply the brake in their own cases. They like to go whirling down the hill of life, if not to be smashed to pieces at its bottom. A cynic might argue that it is useless to attempt to stop them, and the sooner they get to the bottom and the sooner they are smashed to pieces the better.—*Liberal Review.*

GRANDFATHER'S THANKSGIVING.

By Mrs. M. L. Rayne.

Grandfather's head is drooping—
He nods in his cushioned chair,
While the firelight's changeful shadows
Flit o'er his snowy hair;
He smiles to himself and mutters
Strange words of other days,
That sound like forgotten echoes
Of past thanksgiving lays.

The house is filled with music
Of gay thanksgiving cheer;
The children have forgotten
He sits in darkness here.
Nay, not in darkness; somewhere
A radiant glory streams
And lights the old man's forehead
With the nimbus of his dreams;

And shows in mellow radiance
A city fair to view—
Still waters and green pastures
And skies of summer blue.
And there they all are gathered—
The friends he misses here—
They're keeping their thanksgiving
Amid the heavenly cheer.

Yes! there is softened splendour
In a face he used to know,
With smiles like those of angels
And hair of golden glow;
The eyes look fondly on him
With gentle, pleasing gaze;
Ah! somehow they remind him
Of boyhood's wilful ways.

His mother! why it's forty,
Nay, fifty years agone,
Since she slept in the valley
Beneath a grave moss-grown;
Yet here, in youthful blooming,
She looks on him to-night,
And smiles and beckons to him
In the mystic shadow-light.

And this—why, little Annie
Comes softly to his side;
It's forty years' thanksgiving
Since she became his bride.
Ten years the snows have fallen,
Ten years the roses bloomed,
About this little hillock
Where Annie lies entombed.

Back! back! short years of pleasure,
Back! back! long years of pain,
Leave the old man his visions,
They may not come again;
Leave him his guests—the angels,
His dear ones of the past;
Oft had he dreamed their presence—
It is no dream at last.

The children haste to waken
Their grandsire in his chair,
They missed him from their pleasures
And find him sleeping there.
Will his dream people vanish,
The lovely visions flee?
Nay! *this* was but the vision,
That the reality.

Salem (Mass.) *Register.*

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(*The Editor is not responsible for the views of Correspondents.*)

HYDROPATHY FOR THE PEOPLE.

To the Editor of 'House and Home.'

Sir,

Since putting together the few facts about hydropathy, a circular has come to hand, giving the more explicit information 'Aqua Mera' desires. Perhaps you will allow me space to summarise its contents. It states that the working classes and others may now have the advantages of the hydropathic system for relieving pain and curing disease at lowest rates, and free treatment in special cases, at the New Free Private Hospital, Tower Street, London Fields, Hackney. Persons suffering from rheumatics, sciatica, lumbago, paralysis, influenza, neuralgia, inflammation, tic doloreux, colds, bad legs, arms, hands, etc., may be relieved of pain and assisted in some cases to complete restoration, by applying on Monday, Wednesday, Thursday (free), and Friday evenings between the hours of six and eight o'clock, p.m.

Business offices: Dr. Ellis's Consulting Chambers, 337, Strand,

Faithfully yours,

C. Delolme.

'BOONS AND BLESSINGS,' 'AN OLD STORY,' AND 'THE TRIAL OF SIR JASPER.'

In our sketches of Mr. and Mrs. S. C. Hall, recently published by us, we incidentally referred to these beautifully got-up temperance books. In point of art, nothing approaching these works has ever been produced, and it will probably be years before others are produced of equal excellence.

These books are now the property of the National Temperance League, and they may be had at its depôt, 337, Strand. The 'Boons and Blessings' is a collection of the celebrated temperance tales of Mrs. S. C. Hall, and is published at 6*s.*; 'The Trial of Sir Jasper,' the first of Mr. Hall's temperance poems, is issued at 1*s.* and 2*s.* in the small form, while a drawing-room edition, with thirty-six pages of prose notes, may be had for 5*s.*; 'An Old Story,' by Mr. Hall, a splendid specimen of typography, is published at 3*s.*

No better or more attractive books could be selected for presentation; their art and get-up will carry them into circles where temperance literature rarely finds its way.

A VEGETARIAN WEDDING.

The second Danielite wedding (being the first in which the bride and bridegroom were members of the second or life degree of the order) was solemnized at St. Mary's, Islington, on Monday, January 12th. On leaving the church the happy pair were pelted with showers of rice and split lentils. The wedding breakfast, which consisted of a varied selection of dishes, including plum-pudding and mince-pies, was prepared not only without the use of fish, flesh, or fowl, but without even resorting to eggs, butter or milk, and was thoroughly appreciated. The bridegroom was the founder of the order of Danielites and a life vegetarian, and the bride, Miss S. Uncle, of Islington.

HOW OUR FRIENDS MAY HELP US.

Friends can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway bookstalls.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.

Tennyson.

It is not the young who degenerate; they are not spoilt till those of maturer age are already sunk in corruption.—*Montesquieu.*

What man wishes in youth he has to fulness in old age.—*Goethe.*

When men grow virtuous in old age, they are merely making a sacrifice to God of the devil's leavings.—*Swift.*

The most dangerous weakness of old people who have been amiable is to forget they are no longer so.—*Rochefoucauld.*

It is less pain to learn in youth than to be ignorant in age.—*Solon.*

The young and pure reject satire, and they do well to reject it, for satire is the disease of art.—*Dixon.*

There is no allurement of vanity so powerful as that which finds its vent in vain show. Whether the riches be of the purse or of the person, the ostentatious exhibition of them must ever be a troublesome, harassing and vexatious task, fruitful in disappointments, leading to future years of regret for time wasted and talent misapplied. For as time unrelentingly flies, the riches of personal beauty slowly but surely fade away—the riches of the purse may increase; but as the sower of the seed knows not who shall reap the harvest, so he that heapeth up riches knows not who shall gather them, or whether the squanderer and the spoiler shall not in a short time scatter the life-accumulated hoard.—*H. Crathern.*

In youth passion succeeds to passion, and one breaks upon the other like waves on a rock, till the heart frets itself o repose.—*Lord Lytton.*

Young men soon give and soon forget affronts; old age is slow in both.—*Addison.*

Young people, when they enter the world, ought to be either modest or volatile; a collected and self-satisfied air is apt to pass into impertinence.—*Rochefoucauld.*

When age is in the wit is out.—*Shakespeare.*

The thirst of power and riches now bear sway, the passion and infirmity of age.—*Froude.*

In girls we love what they are; in lads what they promise.—*Goethe.*

Youth is a perpetual intoxication; 'tis the fever of reason.—*Rochefoucauld.*

A person is always startled when he hears himself called old for the first time.—*Holmes.*

The childhood shows the man, as morning shows the day.—*Milton.*

Thrift began with civilisation. It began when men found it necessary to provide for to-morrow, as well as for to-day. It began long before money was invented. Thrift means private economy. It includes domestic economy, as well as the order and management of a family.—*Smiles.*

A noble heart will disdain to subsist, like a drone, upon others' labours; like a vermin, to filch his food out of the public granaries; or, like a shark, to prey upon the lesser fry.—*Barrow.*

Man's right of seeing the future, which is conferred on him by reason, has attached to it the duty of providing for that future.—*Denison.*

Thrift requires that money should be used and not abused—that it should be honestly earned and economically employed. Thrift is not in any way connected with avarice, usury, greed, or selfishness.—*Smiles.*

There are whole neighbourhoods in the manufacturing districts where not only are there no savings worth mentioning, but where within a fortnight of being out of work, the workers themselves are starving for the want of the merest necessaries.—*Bauer.*

Thrift of time is equal to thrift of money. Franklin said, 'Time is gold.'—*Smiles.*

THE HOUSEWIFE'S CORNER.

RUSKS, OR TOPS AND BOTTOMS.

Beat four eggs with half a pint of new milk, in which has been melted a quarter of a pound of butter, add to it two large spoonfuls of yeast, and three ounces of sugar; put them by degrees into as much flour as will make a very light paste, rather like batter; let it rise before the fire half an hour, then add more flour to make it a little stiffer. Work it well and divide it into small cakes and flatten them; when baked and cold, slice them, and put them in a cool oven to dry and brown a little.

JUMBALLS.

Weigh a pound and a quarter of flour, take out as much as will do to roll the cakes in, rub in half a pound of butter as for paste, add three-quarters of a pound of powdered sugar, leaving out a little to dust on the cakes before they are put in the oven, add a little grated lemon peel, or essence of lemon; mix it up with two beaten eggs and a little cream; roll out the paste, cut it in narrow shreds, and form it into rings or knots, or any other form; bake moderately quick.

A SAVOURY DISH.

Five ounces of bread-crumbs, rub them through a colander, two ounces of sage minced fine, a large onion, about one ounce and a half, minced fine; mix these together with an egg, some pepper and salt, and a bit of butter the size of a large egg. Bake, and baste it with butter; serve it up with brown gravy.

DR. KITCHENER'S PUDDING.

Beat and strain three eggs, add gradually a quarter of a pint of milk; rub together in a mortar two ounces of moist sugar, and as much grated nutmeg as will lie on a sixpence; stir it into the eggs and milk, add four ounces of flour, three ounces of bread-crumbs, and five ounces of butter; mix well at least half an hour before it is put into the pan to boil, put it into an earthenware pudding-mould, tie a pudding-cloth over it very tight, put it into boiling-water, and boil it three hours. Half a pound of Muscatel raisins cut in two, and a little grated lemon-peel, added to the above, will make an excellent plum-pudding.

PORTRAITS.

The following Portraits are in preparation:

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
DR. F. R. LEES.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

IMPORTANT PAPERS ON THRIFT.

A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. Bowden Green, Esq., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued fortnightly. Subjects:

1.—Thrift in the House.
2.—Thrift in the Workshop.
3.—Cottage Thrift.
4.—Palace Thrift.
5.—Commercial Thrift.
6.—Thrift in Purchasing.
7.—Everyday Thrift.
8.—Holiday Thrift.
9.—Official Thrift.
10.—Parochial Thrift.
11.—National Thrift.
12.—Thrift Abroad.

HOUSE AND HOME

A Weekly Journal for All Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

'AN ENGLISHMAN'S HOUSE IS HIS CASTLE.'—'THERE IS NO PLACE LIKE HOME.'

No. 52, Vol. III.] SATURDAY, JANUARY 24th, 1880. PRICE ONE PENNY.
Registered for Transmission Abroad.

DR. F. R. LEES.

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DR. F. R. LEES, F.S.A.

By J. Fordyce, M.A.

Dr. F. R. Lees, of Leeds, may be justly styled the philosopher of the temperance movement. No man living has done more to create and develop this movement than Dr. Lees, and we may add, no man living is more at home in all its departments. He is at once a profound and original thinker, and a popular expounder of temperance truth. In the scientific department of this work he has been thirty years ahead of his age. In his works will be found all those views and teachings that Drs. Richardson, Kerr, and others are now proclaiming to their medical brethren and the world at large.

In the Biblical department he has been far ahead of the theologians, and in England and America his views on the Bible wines and the relation of the Bible to the temperance movement are being adopted by scholars of all schools. Again, if we look at the social aspects of this work, the relation of the drinking customs to political economy, to public law, and to the whole of our social life, he is as far ahead of his age as in other departments. There is hardly a plan proposed, hardly a reform suggested, or a remedy commended, that will not be found clearly anticipated in some of his studies and expositions. Indeed, only those who have in some measure made themselves familiar with the history and philosophy of the temperance movement can understand how far before his age this thinker has been.

When we give time and thought to some temperance problems, when we try to find out the dangers and safeguards of this or that method of dealing with the traffic; or when we want to find out all that can be said for or against some proposed remedy—then only do we see how thoroughly all our reasonings, suggestions, and discussions have been anticipated by Dr. Lees, perhaps twenty years ago, when the country was asleep, and when would-be reformers laughed at the abstinence movement. This being so, and those who know the most about temperance will agree with us that it is so, it is no wonder that Dr. Lees has many friends in England and America, and on the Continent, who delight to do him honour, and who regard him, not only in temperance matters, but in other respects, as one of the clearest thinkers and wisest teachers of the age. And many who seem to oppose him, and who probably consider themselves greater authorities than he is, are indebted to him for whatever insight they have into this matter of temperance.

From Land's End to John O'Groat's house, there are men who are often unconsciously repeating his opinions while giving forth their views on this question; yet a very large number of even intelligent men look upon Dr. Lees as one who has a hobby, and who is therefore entitled to be regarded with suspicion. They welcome every utterance of men of science even outside their own path, and the friends of temperance, the men who hang upon every word of Canons Farrar and Wilberforce and Dr. Richardson, ignore one whose services to this cause have been more than all others combined. We do not object to respect for the new lights; we are glad to see sermons, addresses, and articles of the men just mentioned scattered broadcast over the land: but we do say that it is a shame that the works of the ablest, wisest, and most clear-sighted expounder of temperance should be so much neglected by the public and by temperance men.

We are well aware that it has been the fate of Dr. Lees to make many friends and many enemies. As Canon Farrar says of St. Paul (vol. i. p. 224):

'It was throughout life Paul's unhappy fate to kindle the most virulent animosities, because, though conciliatory and courteous by temperament, he yet carried into his arguments that intensity and forthrightness which awaken dormant opposition. A languid controversialist will always meet with a languid tolerance. But any controversialist whose *honest belief in his own doctrines makes him terribly in earnest may count on a life embittered by the anger of those on whom he has forced the disagreeable task of reconsidering their own assumptions.*'

Certainly Dr. Lees has made many re-consider their assumptions, and has paid the penalty.

Those who know him best, know him as one of the kindest of men, with an eye for every kind of moral beauty, and keen sympathy for every effort in the right direction. It is with peculiar satisfaction that the friends of Dr. Lees see signs of the turn of the tide. Already some of the foremost thinkers and workers are beginning to acknowledge his work.

In 1876, speaking in the Sheldonian Theatre, Oxford, Dr. B. W. Richardson uttered these words:

'The prevailing view had been that alcohol increased and maintained the animal temperature. This view, it is true, had been challenged. *Dr. Lees and some others whose prescience had been far more acute than mine* had challenged it.'

Dr. Norman Kerr, in his 'Unfermented Wine a Fact,' gives Dr. Lees credit for having

'*First formulated and advocated nearly all the propositions with regard to the influence of alcoholic beverages on the human frame,*'

which are now finding acceptance among scientific men. In the same work he admits that the longer he studies the Bible, the more he is satisfied of the soundness of Dr. Lees' interpretations of that Record. This is as it should be, and coming

from a man of Dr. Kerr's eminence, it cannot but influence the mind of the public.

But probably the fullest and most generous acknowledgment of the scientific world is that by Dr. Kerr in his paper read at the Temperance Fête at the Crystal Palace on September 2nd, 1879, on the 'Medical History of the Temperance Movement.'

'It is an act of simple justice to state that nearly all the opinions now held by the highest scientific authorities were anticipated and formulated by a gentleman who is not a member of the medical profession. The Temperance Movement would have been in a very different position to-day had it not been for the research, learning, and popular exposition of the action of alcohol for which we are indebted to Dr. F. R. Lees, of Leeds. No language can express my sense of the obligations we all owe to Dr. Lees for his masterly criticisms of the productions of a long succession of medical antagonists, and for his unrivalled contributions to the literature of alcohol. From 1839 * till the present time he has lectured on the science of temperance all through the land, insisting from the first on the narcotic, benumbing, paralysing action of alcohol; and he anticipated by twenty years the chief and most certain principles which are all but universally accepted by genuine physiologists. His definition of food in its three aspects has been adopted in the recent great work of Baer of Berlin (1878) on alcohol. Not the least valuable of Dr. Lees' services to temperance physiology was his translation and popularisation of Lallemand, Perrin, and Duroy, an undertaking which moved the scientific world of Britain to its very centre.'

Acknowledgments like these, which, as Dr. Kerr says, are simple acts of 'justice,' must tell on the public, and we hope yet to see a popular edition of the works of Dr. Lees at a price, and in a form, that shall place them within the reach of all who care to read. Such an edition would do much to enlighten the mind of the time, and it would show to all, what is now well known to some, that Dr. Lees has been one of the ablest thinkers, most scientific workers, and genuine philanthropists of this generation. We believe Dr. Lees might be induced to undertake the work of editing a popular edition of his contributions to the temperance question, if only a sufficient number of men would come forward to guarantee the commercial success of the undertaking. We cannot expect him to do this part or the work. He has already spent his life and his money in the cause, and it is the duty of those who value the work done to make it live in this way. As we have already said, the worker has been so far ahead of even the ablest thinkers of his age that his work has not been appreciated. There is to-day a reading and thinking public that would be better able to estimate such efforts. If Dr. Lees gives us a new edition of his writings, we hope he will give some of his essays on other than temperance themes—some of the papers that appeared in the *Truth Seeker* over thirty years ago, for example. This would show that if the learned doctor is first in the temperance movement his mind is by no means confined to this one line of thought. We hope what we have written may help to bring about a consummation so devoutly to be desired.

* Should be, since 1836. We have a report of a public discussion between Dr. Lees and the Rev. Mr. Jordan, of Masham (1836), in which nearly every position taken by the former has since been accepted by science.—Ed.

DIETETICS.

NOTES ON SOME OF THE COMMON AILMENTS OF INFANCY, WITH THEIR HYGIENIC AND CURATIVE TREATMENT.*

By Benson Baker, M.D., L.R.C.P., Lond., M.R.C.S., Eng., etc., etc.,

Author of 'The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime;' 'Infanticide;' 'Baby Farming,' etc., etc.

(*Continued from page 24.*)

Crying and Whining.

After birth, crying is one of the first actions of infant life, and perhaps at no time is the sound more welcome, for it is a signal of the child's life and the cessation of the mother's sufferings. There are two distinct kinds of crying, which a woman's intuition, sharpened by maternal solicitude, readily learns to distinguish. The one is the expression of discomfort, and is a cry for assistance; the other is a low plaintive wail or whining, expressive of pain, and is indicative of suffering or disease. It must be remembered that the only way a child has of making known *all disagreeable sensations* is by crying, and that this is the natural way of calling attention to its wants and of obtaining relief. It has been previously remarked that an infant is 'all blood-vessels and nerves,' and this renders it peculiarly sensitive to all external impressions. The nerves of sensation are from the first freely distributed in the skin, and are well developed, so that the child shrinks from anything that is likely to produce a shock to its highly sensitive nervous system. When the infant cries, it merely translates into sound disagreeable impressions on its nervous system. Thus, if it be exposed to cold, it cries; if it be too hot, it cries; and so with every other unpleasant or painful sensation. A baby that is continually crying is a source of anxiety and annoyance to all concerned; yet how few there are who take the trouble to ask and answer the question, Why do babies cry? In order to do so the surroundings of the child must be interrogated. It is necessary to go through, in a systematic manner, the various probable disagreeable sensations the child may at the time experience. Such inquiries as follow must be made: Are any of its clothes too tight, rough, wet, or uncomfortable? has it been too long in one position? is its position comfortable? is it exposed to too bright a light? or too loud a sound? is it sleepy? is it hungry? or has it had too much food? is it suffering from any irritation of the skin, stomach, and bowels, or teeth? has it been subjected to great excitement or had its sleep suddenly disturbed? These and many more questions should be answered satisfactorily in order to discover the cause of crying. It is of practical importance to bear in mind that hunger is not the only disagreeable sensation that an infant suffers from, and that to give the breast or the bottle in answer to every cry cannot be a wise course to adopt. An infant may cry, and very often does, when suffering from an overloaded stomach, and to answer that cry by giving more food is to increase the suffering rather than remove the cause of the child's discomfort. It cannot be too strongly impressed upon all that have the care

* A Sequel to 'How to Feed an Infant.'

of young infants, the necessity to discover the *cause* of a child crying. The treatment that most crying infants receive is often attended with serious results.*

The usual alternatives suggested for the relief of a crying child are either food or physic, or both, which the helpless little sufferer is compelled to swallow when it requires neither, with the very probable effect of increasing its present sufferings. If an infant cry because of the pain caused by an over-loaded stomach, or from the prick of a pin, the treatment is the same: the breast or the bottle is at once given to stop its crying, and the cause of the suffering is often not discovered until long afterwards. When crying babies are not to be pacified with the breast or the bottle, but persist in refusing what they don't want, and express their discomfort or illness by continued crying or whining, they are put down as cross, ill-tempered children, whose tempers require to be improved by poisoning their bodies with soothing syrups, cordials, etc. The child that is 'always crying' must have either very disagreeable surroundings or be very ill; and the child that 'never cries' must be regarded with suspicion. It is an unnatural condition, and induced either by the improper administration of 'soothing powders,' opiates, etc., or very serious brain disease. Either condition demands the most searching investigation of the parents or medical attendant. Children as they grow older readily ascertain the power they possess over their parents and nurses, and do not scruple to exercise it with the utmost caprice. If a child cry and persist in it, the mother will, partly from fear that her child should hurt itself by crying, partly to obtain quietness and rest for herself, yield to any indulgence it may demand. This leads to the child being spoilt: it cries and gets what it cries for; thus the child becomes a tyrant, and the mother a slave. Sometimes the mother or nurse falls into the opposite error, and thwarts the child in every little thing, just according to her whim. The continual disappointment thus enforced on the child makes its life miserable and spoils its temper. Parents should not only strive to know the physical constitution, but also the mental and moral disposition of their children; by so doing, a wise and happy restraint and indulgence could be exercised for the present comfort and future good of all. There would thus be secured less crying in the nursery, and less bitter weeping in future homes.

Teething.

Dentition is usually regarded by the young mother as a terrible ordeal through which her child must pass; and if all the ailments that infants suffer from during teething, and which are commonly ascribed to it, were in reality caused by it, then, indeed, might it justly be regarded as the most critical and dangerous period of their life.

Teething is a natural process, and in healthy children, judiciously fed and protected from the injurious influences of unsanitary surroundings, and managed with a proper regard to the regular performance of their bodily functions, is usually unattended with dangerous complications; the most that can be said is that they are more fretful, excited and irritable. But in the case of delicate children, irregularly fed, or fed on too rich a diet, and whose surroundings are hygienically defective, the symptoms attendant on dentition often assume an alarming if not dangerous character. The difficulties and dangers of dentition may be reduced to a minimum by judicious diet, and the strict observance of the conditions of health. It is of the first importance that the child should have a simple milk diet, more diluted than it has previously been accustomed to, that it should be taken out into the fresh air once or oftener each day, when the weather is fine and dry. It should be most carefully protected from cold and damp, for when subjected to these influences there is great danger of inflammatory affections of the windpipe and air-passages. During dentition, when children are exposed to draughts, or damp, cold weather, there is a special tendency to croup, bronchitis and congestion of the lungs. The susceptible and irritable condition of the nervous system is effectively relieved by breathing fresh air, and the employment of tepid baths, both of which soothe the child and induce sleep.

Teething usually commences when the infant is six months old, but there is no exact date when the teeth should appear. This is determined by the constitution of the child and its surroundings.

There are twenty temporary or milk teeth, and this number is completed between the second and third year. The condition of the bodily organs is adapted by nature for their requirements. When the child is suckling there is no necessity for teeth, and when their appearance is delayed, it is an indication that the other organs of digestion, especially the glandular system, are not in a sufficiently forward condition of development to digest other food than milk.

The process of dentition consists of two stages: the first stage is popularly known as 'breeding the teeth;' the second stage is when the teeth appear near the surface of the gum, and finally come through. During the first stage there are symptoms of irritation about the mouth, the saliva is considerably increased, the child is constantly 'dribbling,' the gums are swollen, hard and hot, and the child is fretful, starts in its sleep, the cheeks are often flushed, the stomach and bowels are often disturbed, sometimes there is a little vomiting and diarrhœa. These symptoms will often persist for weeks before a tooth appears, and then gradually subside without a tooth being cut, much to the disappointment of the mother, who naturally expects, after such active signs of teething, the consummation devoutly wished for. The symptoms that occur during the first stage of teething must not be regarded as useless, or indications of disease, but part of a natural process, giving evidence of increased activity in the deposit of lime in the rudimentary teeth, to fit them for their future work.

Symptoms similar to those observed during the first stage of dentition are present, though modified by age and constitution, where rapid development of bone is in progress. In children who grow quickly, there is usually some constitutional disturbance, with more or less pain—familiarly known as 'growing pains;' so also, when a bone is broken, the deposit of new material is attended with pain and other symptoms of irritative fever.

(*Commenced in No.* 33.—*To be continued.*)

* This is evident from an official statement that nearly a seventh of the total number of inquests in England and Wales, on deaths from poisoning by opium and its preparations, were young children under one year or suckling at the breast.

Satiety of the past is our best safeguard, and the perils of youth are over when it has acquired that dulness and apathy of affection which should belong only to the insensibility of age.—*Lord Lytton.*

WHAT IS THE PROCESS OF BREWING?

I.

THIS year of grace, 1880, is the jubilee of the temperance reformation in England. Fifty years ago the nation had a strong faith in the excellence of brewing beer, especially at home. But opinions have undergone great changes since then, and there are now thousands of homes where brewing would be deemed not only a folly but a sin. Who of our years does not recollect the belief so common at that day that beer was of the very essence of strength and life? Why did God give us the barley if not to *brew* with? What *could* be more wholesome than a beverage made from malt and hops? Was not 'fermentation,' besides, a law of God? And as to grape-juice, did it not produce alcohol *spontaneously?* Such was the language, such the crude notions, of fifty years ago.

The thing is better understood nowadays. Even the *Brewers' Guardian* has enlightened us on the brewing of beer, and Denman's *Wine Circular* on the fermenting of wine. We propose to give their explanation of each topic; and first, as to the brewing of beer.

The *Brewers' Guardian* has at present going through it a series of articles 'On the Modern System of Brewing,' by Mr. Herbert Wright, B.A. No. IV. is 'On Barley' (see vol. ix. p. 296). This tells us that barley, *as a food*, is providentially suited to northern climates, taking the least time to ripen of the four usual kinds of corn, and can bear best the caprices of climate. Then we come to the pith of the matter, as follows:

'In spite of this fact, certain climatic changes are not favourable to the production *of a good brewing material*, and thus we observe that in districts where the summer is hot and drought sets in after the barley is in bloom, *the formation of the fruit* is hurried on, but the grains are small, with a loose texture, and are *rich in nitrogen*.' Now *this* nitrogenous matter is the very essence of vital organism: it is to our food what the white of egg is to the chicken or the curd of milk to the infant—it is the substance which *nourishes*, out of which is built up the entire frame of the animal. Well-compacted, thoroughly ripened barley is thus admirably fitted for food, but not for beer. It is not *nourishment* they want in beer, but something to make *spirit* of. Hence, farther on, it is said, 'If good brewing barley be the object aimed at, it is necessary to avoid the direct fertilization of it with *nitrogenous manures*,' for such barley 'yields grains that are poor in *starch*.' Everybody knows what starch is, and that children fed upon starchy foods (like arrowroot, corn-flour, rice, and so forth) are apt to become both fat, rickety, and weak. The husk of corn is also rich in mineral substances, such as *phosphate of magnesia, silicic acid, and lime;* and Mr. Wright very properly tells the public a story that I have told them for forty years, that 'in the usual preparation of flour for food this is frequently got rid of, as well as a portion of the *albuminous* stratum at the surface of the endosperm, under the names of bran and pollard, *but with great detriment to its nutritive value*.' Mr. Wright continues, 'Seeing that a grain of barley comprises an infinite number of cells, some filled with starch, others with contents of an albuminoid character, what is the object of the maltster? His aim is *to break up the insoluble starch and albumen* contained in the ungerminated barley, and to render them soluble. This is effected NATURALLY [by steeping in water again] by the growth of the acrospire, and the albuminous bodies, thus rendered soluble, are known by the name of *diastase*. This diastase, acting upon the starch, brings about in the mash-tub, *under suitable conditions of temperature* [arranged by the brewer, not by nature], a CONVERSION of starch into *dextrine* and *sugar*.'

In harvest times of continued *rain* we hear in our churches prayers to God that He would not allow the grain to sprout in the field, by removing from it the contact of water; yet, immediately *after* harvest, when the malting and brewing season sets in, we find the people who so pray giving orders (through their servants) for the grain produce of whole counties to be put back into the water in a *steeping-vat* until germination commences and has reached its desired point—the transmutation of complete food into mere sugary matter, which is only FUEL—then to be arrested for eight or nine days in the killing dry heat of the kiln; and lastly, the malt to be mashed up with scalding water in the tun or tub of the brewer. One inference from all this is very clear, that this 'system' assumes that nature had not *finished* her work of providing food, and had left the crowning provision to be achieved by the ART and handiwork of man, in altering at once the form and the qualities of food which she had produced!

Now, the front page of the *Brewers' Guardian* is entirely occupied by an advertisement of MANBRE'S PURE MALT SACCHARINE, which contains the following sentence:

'The fermentable saccharine in malt-wort (the sweet matter drawn from the steeped malt) will remove only *two-thirds* of the nitrogenous' [or nourishing] 'matter it contains. The use of our saccharine, in the proportion of one-third saccharine to two-thirds malt, WILL REMOVE ALL REMAINING NITROGENOUS MATTER. It will increase the amount of *alcohol* and carbonic-acid [gas].'

Thus the true nature and end of brewing is confessed to be, by the brewers themselves, in their own organ, that of a process, first, for transforming the constituents of barley into something which does not exist in its natural state; second, for changing the still innocent, but less valuable sugar into a suffocating gas and a burning fluid; and thirdly, for effecting a clear-looking liquid by eliminating all the remaining solid nutriment that it contained.

We ask the reader to reflect whether such a 'system' of food-destruction and of poison-making is a process that should find encouragement in the 'houses' or be permitted within the borders of our island 'home?'

F. R. L.

LEAP-YEAR PRIVILEGE.—In a book called *Courtship, Love, and Matrimony*, published in 1660, there is this clause concerning the privileges of women in leap-year: 'Albeit it is nowe become a part of the common lawe in regard to social relations of life, that as every bissextile year doth return, the ladyes have the sole priviledge during the time it continueth of making love unto the men, which they doe, either by words or lookes, as to them it seemeth prefer; and moreover, no man will be entitled to the benefit of clergy who doth in anywise treat her proposal with slight or contumely.'

MESSRS. OLIVER, OLIVER, AND CO.—In reply to a correspondent inquiring for the address of the firm mentioned the week before last in an article on 'Coffee as in Paris,' we have pleasure in saying that the address is—231, Southgate Road, London, N.

A LONELY HOME.

By James Bonwick, F.R.G.S.

I had ridden many miles one day along a rude track in an Australian forest, meeting no man, but seeing emus, kangaroos, and wild dogs, with herds of wild cattle. Wearied and hungry, my hopes arose as a habitation came into view. It was rough and homely. The roof was of bark, the sides were of slabs hewn out of a tree by the axe.

There was no garden, no inclosure. Tying my horse to a sapling, I entered the open door, and trod an earthen floor. There was little furniture, but the place was neat and clean. The hut was of one room, though two or three curtains partitioned off recesses for chambers. I was soon confronted by the sole tenant of this home in a wilderness, an elderly female. In few words she bade me welcome, and then turned hastily toward the fire-place. In no mood for talking, I rested quietly while the chop was frying and kettle was singing.

A comfortable meal was soon before me, without money and without order, according to Bush hospitality. When the ever-welcome tea had refreshed the inner man, brightening the eye and loosening the tongue, the guest and his hostess fell into conversation. What interest could be expected in an old woman, dwelling in a bark hut, with forest trees around, and the settlement miles and miles away?

Like all persons much alone, she was not ready to talk. A few questions, a few sentences, or, perhaps, looks more than words, established our relations, and conversation flowed. I soon discovered that this humble-looking old woman was no ordinary person. Her manner was refined, her language was correct. She had not always lived in a hut of the wilderness, but had known the civilisation of London. Her husband had had bad times in England, and the family moved off to Australia, settling in an outlying district, where, as she told me, no preacher came for fourteen years.

A Bush home, in such circumstances, is one of much hardship and deprivation. It is not always money-making in Australia, especially when farming. The father was taken from the household, and the widow struggled on with the children. With no school, and no church, with neighbours few and far away, the family might have sunk into semi-barbarism but for the strong mind and tender heart of the mother. She rose equal to the situation. She taught the children what she knew. She did more; she taught them by her life. Was there ever better teaching?

She told me that her great concern was lest her sons forgot their God. The library was small, the town was far off, and the voice of public prayer was silent. To keep herself right, to keep them right, she turned to others to do them good. The dark natives were around her, dark in skin, dark in soul. She brought light into their hearts. Her smile brought light, her kind words brought light, her talk about the *Father* of dark ones brought more light.

This mission work, so quietly done, blessed the Bush home itself. 'All my children love the good God,' said she. If not rich, they were good and happy. The unmarried son was overseer of a cattle station, and his mother came as his companion in the wilds.

Such a call at the hut in the forest was good to the spirit of the wayfarer. There was a blessing in that humble, unpretending home. That woman was a heroine indeed. Solitude brought no gloom, for duty brightened it. A lonely home it seemed to others; to herself there were smiles and sweet voices ever around her.

THRIFT PAPERS.

By T. Bowden Green,

Secretary of the National Thrift Society.

No. 6.—*Thrift in Purchasing.*

To endeavour to get good value for one's money, whether the purchase be large or small, is the duty of all whose incomes are limited, and the carrying out of this principle is a very essential part of the practice of Thrift, whilst the inculcation of thrifty habits will materially assist those who wish to make the most of the means at their disposal. Amongst thrifty purchasers will be found those who do not, like a vast number of purchasers, buy what they do not want; those also who generally buy for cash rather than on credit; and those who buy what best serves their purpose, rather than anything that first comes to hand, or first pleases their fancy, without thinking for a moment whether it is what they really require, or whether it is the best value for the outlay.

It is by no means the proper exercise of thrift to buy what are called 'cheap' things, if the articles purchased are not required, or are soon rendered worthless on account of their inferior quality. Economy in food, in dress, in housekeeping, is something very different from purchasing rubbishing or needless articles at a low price; thus it does not require a very great amount of thought or learning to discover that £10 spent on clothing that lasts half-a-year is a far more profitable purchase than £5 spent on clothes that last only a month; or that a sovereign spent on wholesome food which will feed a family for a week is a more economical outlay than the same spent on two or three bottles of champagne to be consumed in an hour.

It is probable that more is misspent on articles of food and drink by those who really cannot afford to spend money unnecessarily than on anything else. Beer and butchers' meat make far too deep an inroad into the income of most of the middle and lower classes, and a very large proportion of the amount thus spent might far more profitably be allowed to flow into other channels.

Economy in food, rather than limiting the supply, often leads to a more healthful and more nutritious diet, whilst on the other hand it is lamentable to think of the vast amount utterly wasted in this respect through the ignorance that still exists on this head.

It has been suggested that the National Thrift Society should direct special attention to this point, and endeavour to inculcate special lessons on the subject. Whether that be so or not, the matter deserves earnest consideration by all whose limited incomes behoves them to be careful in expenditure, as well as by those who desire on other grounds to be economical, and to exercise the virtues of good husbandry and good housewifery.

Domestic economy is perhaps the most valuable of all, whilst it also implants in the younger members of the household habits of prudence and thrift which are likely to be of inestimable service in time to come.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME.

LONDON: JANUARY 24th, 1880.

THE UNEMPLOYED—A REMEDY.

ALTHOUGH there are unmistakable indications of a revival in the iron trade, the present outlook is a gloomy one for numerous classes of our fellow-citizens. In Ireland the distress is rapidly increasing, and indications of a condition of things as sad as those in 1847 are, unfortunately, not wanting; while in various parts of England, London not excepted, the cry of the unemployed is making itself heard.

Whatever may be the view taken of the wisdom or unwisdom of the meeting held in Hyde Park on Saturday last, the most sceptical observer could but see that without a cause the meeting would have been an impossibility. The views of the promoters of the meeting may be wise, or they may be foolish, and the causes alleged by them for the prevailing depression may be real or imaginary; but the fact remains the same, viz., that men, able and willing to work, cannot find employment, and consequently their families and themselves are suffering privation. Their case was very forcibly put by Mr. Joseph Leicester, chairman of the meeting, whose strongly pronounced political views we cannot discuss. According to Mr. Leicester, there are 10,000 men out of employment in Durham, while in Newcastle-on-Tyne the people are living on fish-offal, and in London 30,000 men, connected with the building trade, are out of work. It is clear that the present time is one of exceptional suffering for the operative and labouring classes, and the more fortunate and well-to-do classes are bound by every principle of humanity to extend all possible aid to them.

The agricultural difficulty, too, is hardly yet fully comprehended by the country. For two or three years the grain produced has fallen below the average, while the corn imported, fortunately for the people, has kept down the prices, so that the farmer has had to bear the whole brunt of the burden. And now the recent wet season is beginning to tell upon cattle and sheep, which are dropping off by thousands. It is clear that if agriculture is to revive in this country, great changes will have to be introduced into the existing relationships of landlord and tenant. The remission of twenty, or even fifty per cent. of rent, will not meet the needs of a case like the present. It should be remembered that rent is but one item in the farmer's expenditure.

It is clear that exceptional difficulties exist, and it becomes us to turn our attention to the best means of relieving the more pressing results, and bringing about a better condition of things. The question arises: Are we as a nation thrifty? Or, have we in our midst any system or systems of national waste and extravagance?

There can be no doubt that the drinking system, from its inception to its fruition, is fraught with fearful waste and the most pernicious results. At the very beginning, grain, the finest and best grown, is taken, and by the maltster, brewer and distiller transformed from food into poison. The extent to which this perversion prevails will be understood when it is stated that were the same quantity of grain which is malted and mashed, fermented and distilled, into liquor in this country, ground into flour and made into bread, it would more than supply London with the 'staff of life' all the year round. Science and experience unite in pronouncing the perfect adaptation of grain as human food; and the same teachers are equally in agreement respecting the poisonous qualities of alcohol. The Beneficent Creator sends grain, exactly adapted to man's dietetic requirements—the gift, in very truth, being the 'staff of life,' and man, by his perverted ingenuity, transforms the blessing into 'the water of death.'

In view of the alarming prevalence of drink-making and drinking, we are not surprised at depression and want existing as they exist, and it is only necessary for us to push the business of turning food into poison further—how much further we do not say—to bring famine in all its gaunt proportions into our midst. As a nation, we have our lesson to learn on this question, and if we do not learn it one way we shall be taught it another. Truly, God's mill grinds slowly, but it grinds small.

When the people understand this subject, which may be justly called the most important one within the range of sociology or political economy, then, and not till then, will they see the antagonism of the drinking system to the true interests of all classes in the community. For while a small section may become rich and fatten at the expense of the comforts, the health, and the life of their fellows, God's law of compensation steps in, and they are deprived of mental and moral possibilities, the worth of which cannot be estimated.

When, in times of scarcity of food, the Legislature has stepped in and wisely suspended distillation, the condition of the people has visibly improved and trade has revived. These experiments indicate what the Legislature may do in the present case, and with not merely the *hope* or *probability*, but with the *certainty* of success.

Divert only half of the ONE HUNDRED AND FORTY MILLIONS of money now spent upon drink, which everybody admits is a

luxury, and which most people who have thought upon the question regard as a positive mischief, into other channels of trade, and every kind of legitimate industry would revive; and for this reason, that the labour employed in making alcoholic liquors is smaller, in the proportion of one to ten, to that required in other industries. In other words, for every man thrown out of employment by stopping the drink manufactories, ten would be set in motion in other channels, so that any temporary difficulty would be speedily got rid of.

We do not write thus as partizans, in any sense of the term. We see a national calamity imminent, and, in a measure, we believe we have touched its cause; and we should altogether fail in our duty if we hesitated to point out what obviously appears to be a remedy, 'complete and speedy.'

CURRENT OPINIONS AND EVENTS.

Last week Mr. William Munk, farmer, of Frittenden, Kent, was sentenced to one month's imprisonment for sending to the London Meat Market four quarters of a calf pronounced to be diseased and unfit for human food. Mr. Alderman Stone declined to impose a fine, remarking that a fine would not be felt by the defendant, who, it was stated, was a wealthy man.

The Great Northern Hospital, Caledonian Road, was the scene of a painful disappointment on the 16th inst. to some hundred out-patients, who waited, some of them five hours, in vain to see the doctor. By that time the number had been reduced to seven, and it is not clear whether even these saw any medical man.

Speaking at Penge on Saturday last, at the opening of a new coffee-tavern, Mr. Grantham, M.P., said:

'Recreation and social intercourse were as necessary for the working-man as for others. If they wished the working classes not to be mere machines, to delve, spin, or dig, but to be useful, thinking members of society, it was necessary that they should have opportunities of meeting together. It was because it afforded opportunities for social intercourse that the public-house had such an enormous hold upon the people of this country. For a long time it was the only place of meeting for the working classes, and it had been a necessity of the age. People would not be satisfied with water, and it was hard to blame them for drinking beer until they had an alternative of indulging their natural tastes. People might preach until they were black in the face without inducing their hearers to drink water. The coffee-tavern movement had been taken up in all the large towns in England, as well as in the neighbourhood of London. To make coffee taverns a permanent success it was necessary to make them a commercial undertaking, and not a mere philanthropic movement.'

In a lecture delivered at the Parkes Museum on Saturday last, Professor Corfield gave some valuable hints upon ventilation. He said:

'With regard to the admission of fresh air into rooms, it should theoretically be at the lowest part, but practically the outer air cannot be admitted directly in this way. The action of air was said to be the same as that of water. Thus, when a hole was made straight through a wall, a column of air was forced into a room in the same way as water would be from a pipe. It was, therefore, easy to see that what was wanted was to admit the fresh air in such a way as to give it an upward direction, bringing it, in fact, into the room after the manner of a fountain, so that the draught might be spent before it reached the lower parts of the rooms. It was shown how, by the introduction of a block of wood under the bottom sash of an ordinary window, an opening at the middle of the window was effected, forming an inlet for fresh air in an upward direction. With this arrangement the ordinary sash fasteners were, of course, useless, but, with an automatic fastener, the window could be so open for ventilation, and still be secure.'

On Monday last Dean Stanley entertained about 250 representative members of the Working Men's Club and Institute Union in the Banqueting Hall of Westminster Abbey. In addressing the company, the Very Rev. Dean took his hearers back to the time when there was an Abbot of Westminster. He told how, in those times, a queen in flight had arrived for security at that chamber, and how it was used for festive purposes, the small gallery at one end being used for the musicians. Then, coming to later days, he said that some of the tables were made of Spanish wood, supposed to have come from the Armada. After the Reformation, with its numerous changes, the clergy had some rights to the hall, which was now, however, devoted to the purposes which its name indicated. In connection with a fire-grate in the centre, he related how one of the scholars, in scampering across it in a frolic, got his hands scorched, and the boy afterwards came to be Archbishop of Canterbury. These and many other things, full of interest for any auditory, he related for the benefit of his guests, who frequently broke out in applanse. The history of the room adjoining, known as the Jerusalem Chamber, he also explained, telling his visitors that on their way to the deanery they would have an opportunity of inspecting it. Its tapestried walls and noble fire-grate—its fireplace, by-the-bye, is an important factor in its consideration—all, indeed, had an opportunity of examining after the remarks of their host. The three separate inscriptions on the grate, which to the uninitiated would be somewhat perplexing, he dwelt upon at length, having touched upon the origin of the name 'Jerusalem.' It was in this chamber that Henry IV. died, and here also his son, who succeeded him, and who was a wild companion of Falstaff, was converted. Seized with illness in Westminster Abbey, Henry IV. was conveyed to this chamber, because it possessed a fire. On inquiry, the king was told the name of the room, whereupon he said, as he lay before the fire, that he would never recover, for, when a child, he had learned that it would be in connection with Jerusalem that he would die, and he had previously thought that his death would occur in the Holy Wars. Charles I. once feasted in the chamber, where also the Assembly of Divines—because of the luxury of a fire—met to draw up the Westminster Confession of Faith and the Short and Long Catechisms.

HOW OUR FRIENDS MAY HELP US.

Friends can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get 'the trade' to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway bookstalls.

LONGFELLOW AT HOME.

CAMBRIDGE was wrapped in the Sabbath silence of the long vacation. As a stranger I had paced its half-deserted streets and wondered what was what and who was who. As a novice in New England I found the associations that glorify Boston and the suburbs overpowering. When one has reason to fear that the next man he meets in the erratic streets of the Athens of America may be Wendell Philips or Oliver Wendell Holmes, or some poet or philosopher of less prominence, he is very apt to withdraw into his shell, if he has a shell, and glance shyly out of the corner of his eyes at the hallowed and higher life on the Atlantic coast. It is needless to state that I was much impressed with the superior atmosphere pervading that chosen spot. I continued to wander knee-deep in autumn leaves, among houses that were apparently deserted, until the burden of life became greater than I could bear, and I flew to the arms of a friend resident in Cambridge, where I sought and found relief. I had barely recovered myself when the question of all questions was put to me, with kindly but stern emphasis —let us not forget that I was an alien on Puritan soil. The question was—what else could it have been in Cambridge?—'Have you seen Longfellow?' I had not seen Longfellow. I was probably the only man in all Boston and its suburbs with two eyes in his head who had not seen Longfellow at some angle or other. 'Why not see him?' was the next question. To be sure, why not? But how? 'Go to his door, pull the bell and ask for him,' was the reply. I was directed to a street car heading for Longfellow's. The conductor was to discharge me at the right moment, so I put my trust in Providence and my hands in my pockets, as is the custom in New England. The serene solemnity of the streets, the decorous deportment of the inhabitants, the immense superiority of everything, appalled me. I grew nervous in the course of time; I ventured to approach the conductor and ask, in a low voice, if he knew where Mr. Longfellow lived. He did. You could see that he did before he had uttered a syllable in reply. I said, meekly, 'Will you kindly fire me out at the poetic threshold?' and sank into my seat in a corner. With a civility which froze my marrow and didn't in the least remind me of the average street-car conductor in San Francisco, I was dismissed at the right moment, and pointed to a house the outline of which has been familiar to my eyes from earliest childhood—and why not? It was Washington's headquarters, and, I think, it was pictured in somebody's primary geography. There were broad lawns, trim hedges, and elms, and elms, and elms.

Even Washington could not fail to feel flattered by the care that has been bestowed upon this relic of the revolution. The gate swung open as if it were used to it. I approached the door and pulled the bell—or was it a knocker? A tidy woman answered my summons, and in a moment ushered me into the study of the poet. It has been described a thousand times. Nothing could have been more sweet and genial than his welcome. The man who is besieged by guests from the four quarters of the globe: guests who come to him at hours seasonable and unseasonable; guests who are to him absolutely unknown, who are readers and admirers of his poems, and who desire to see him for a moment and then withdraw forever—the man who has his hours of study and hours of recreation, and who is continually interrupted by the unbidden guests above referred to, and who can at all times, as far as I know, receive this homage as amiably as Mr. Longfellow does, must be a very wholesome and whole-souled poet. It is a singular fact that Longfellow is more popular in England than Tennyson, the laureate. Yet, perhaps it is not so very singular. He sings like one whose heart has been warmed at the hearthstone. There is hardly a line of his but would rhyme with the chirp of the cricket; hearts are hearts, whatever blood quickens them, and he has touched the heart as no other poet of his day has.

With a word he made me quite at home. His hospitality was homelike. It seemed to me then that no one could pay him a visit and depart unsatisfied. He led me from room to room, and evidently took pride in a homestead the associations of which are dear to every patriot. Of his many souvenirs, perhaps the one which interested me most was a painting of the Abbé Liszt. When Mr. Longfellow first called upon the musical wizard it was night. He was escorted by an artist friend. The abbé, upon being summoned, met them in a doorway with a lamp in one hand; he was shading the flame with the other. A soft light fell upon his face, that stood out upon a background as black as midnight. Afterward the poet and the artist grew enthusiastic over the exquisite picture, and the painting in the poet's house was the gift of his artist friend. In a conversation it transpired that Mr. Longfellow, after publishing his first volume of poems and awakening the hopes of his friends, went to Europe for some years of travel. It was prophesied that his genius would rapidly mature, and his career was watched with jealous eyes. As is not uncommonly the case with poets, this transplanting of the poetic germ for a time seemed fatal. His muse grew coy. He went from land to land, the companion of poets; through climes that have given colour to the poems of all ages, yet he could not sing. During his absence, and for some years after, he wrote little or no verse. It seemed to him that he was never again to tune his lyre. This poetical paralysis lasted for a dozen years or more. Meanwhile his pen was not wholly idle; 'Outre Mer' and 'Hyperion' were the outgrowth of his European experiences. But for the time being his 'singing robes' were laid aside, or worn only at wide intervals, and then but for a moment. The reaction followed. The floods gathered, and at last broke away, and from that hour his pen has been seldom at rest.

Mr. Longfellow works mostly in winter. His rest comes with the long days of sunshine, when nature is basking, and the only industrious creature on the face of the sweltering earth is the innumerable locust. His best hours are of course the first and the freshest in the day. It is likely, also, that he is then less subject to interruption. But an interruption, barring the interrupter, can hardly be an annoyance at the home of the poet. From his study-windows he looks down the lawn, over the low fence and street, upon a meadow all his own, and across which he gets a glimpse of the river Charles. No man may build here against his will and obstruct a view which has inspired his pen more than once. About him are the elms, the glory of Cambridge. If a poet's house have such a thing as a back-yard about it, in Mr. Longfellow's case it must be a kind of Druidical grove, for the homestead seems to be lodged in the edge of a wood, within which there are nothing but dryads and piping fauns. What a house to come to! Yet the poet said he liked much to land in strange cities, where one may walk the streets unobserved. 'It is,' he said, 'as if one wore the cap of the Invisible Prince.' This happy thought occurred

to him after a day's jaunt, wherein he had not exchanged a syllable with anyone who knew aught of him. He was about boarding a steamer, and paused in the middle of the gang-plank to chuckle over his absolute independence, when a friendly blow upon the shoulder nearly sent him overboard—an old acquaintance had run across him. The world is too much travelled! Of course I asked for the inevitable autograph. Mr. Longfellow said: 'What shall I write for you?' I begged him to write some line of his own which he might have a preference for. He thought a moment; went to his desk, dipped the quill in Coleridge's inkstand, bowed his handsome head crowned with silver, his face beaming with loving kindness, and wrote:

'Lives of great men all remind us
We can make our lives sublime,
And departing, leave behind us
Footprints on the sands of time.'

I had heard it before. I had been reminded more than once of the possible sublimity that awaits every man. I had seen feet that, departing, might have left a print in adamant—but they didn't. As for sand, everybody knows that an impression on it may be covered by the drifts of a summer's zephyr, and the first wave washes it away for ever; but the sentiment is unexceptionable, and the autograph is an heirloom; and, after all, is there any one whose life is likely to remind us more forcibly of the sublimity of patience, truth, purity, and all the virtues, than that of Henry Wadsworth Longfellow?—CHARLES WARREN STODDARD, in *San Francisco Chronicle.*

DUST AND DUSTERS.

BY THE REV. F. WAGSTAFF, F.R.H.S.

'A PECK of March dust,' according to the old saw, 'is worth a king's ransom.' What may be the market value of dust during the present year, we do not know; and so far as out-door life is concerned, we do not suppose that many people have been much troubled with dust during a year so exceptionally wet as was 1879. But our readers must have noticed one thing during the last few months; namely, that indoor dust is wonderfully independent of the weather outside. For our own part, though constantly reminded of Shakespeare's line,

'The rain it raineth every day,'

we have found as great a tendency towards dustiness on our bookshelves as if the rain were not pattering incessantly against our study window-panes.

Dusting, as a domestic operation, seems to be in danger of becoming one of the 'lost arts.' The time was when the human 'duster' used the cloth 'duster' as a contrivance for the careful wiping up of dust from furniture, etc., a fresh part of the cloth being folded over that which had been used, until it could be taken to the open air and there well shaken, the process being pursued with calm deliberation until the entire room and its belongings had been properly cleansed. That, we say, was the ancient practice, and it was one which good housewives did not disdain to do with their own hands. The modern practice seems to be an altogether different one. Dust is not to be *carried* out of the room, but in some magical way is to be *whisked* out somewhat after the same fashion as flies are. The duster is waved here and there by the servant, who looks like some shipwrecked damsel flourishing a signal of distress, and shelves, and tables, and chairs are flogged as if the dust had somehow got into the grain and must be beaten out of it. Or, perchance, the old-fashioned 'duster' is banished altogether, and the commotion is caused by a dainty feather-broom, which just removes the dust from one spot to settle presently in a fresh one. What possible end can be served by such a process passes our comprehension. When all is over, there is just as much dust in the room as before. All that has been gained has been to effect a re-arrangement of the noxious particles; except, indeed, that the lighter dust-motes remain for a considerable time floating in the air, to find their way into the lungs of such mortals as are unfortunate enough to come near them.

The injurious effect upon the health is, in itself, a sufficient reason for condemning the present senseless custom. Wall papers often contain poisonous colours, while infinitesimal portions of animal matter are also added to the miscellaneous cloud of loose atoms floating in the atmosphere. There is quite risk enough of getting these things into the blood under ordinary circumstances, without turning the duster into a means of increasing our perils; and hence we protest, briefly but emphatically, against modern methods that are no improvement on the old.

THE SHINING LITTLE HOUSE.

It hung in the sun, the little house,
It hung in the sun, and shone;
And through the walls I could hear his voice
Who had it all for his own.

The walls were of wire, as bright as gold,
Wrought in a pretty design;
The spaces between for windows served,
And the door was clean and fine.

There was plenty, too, to eat and drink
In this little house that shone;
A lucky thing, to be sure, you'd say,
A house like this for one's own!

But the door was shut, and locked all tight,
The key was on the outside;
The one who was in could not get out,
No matter how much he tried.

'Twas only a prison, after all,
This bright little house that shone;
Ah, we would not want a house like that,
No matter if 'twere our own.

And yet, through the walls I heard the voice
Of the one who lived inside;
To warble a sweeter song each day
It did seem as if he tried.

To open the door he never sought,
Nor fluttered in idle strife;
He ate, and he drank, and slept, and sang,
And made the best of his life.

And I to myself said every day,
As his cheery song I heard,
There's a lesson for us in every note
Of that little prisoned bird.

We all of us live a life like his;
We are walled on every side;
We all long to do a hundred things
Which we could not if we tried.

We can spend our strength all foolishly
In a discontented strife;
Or we can be wise, and laugh and sing,
And make the best of our life.

H.H., in St. Nicholas.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore-finger of all time,
Sparkle forever.
Tennyson.

Vice hath not, I believe, a more abject slave, society produces not a more odious vermin, nor can the devil receive a guest more worthy of him, nor possibly more welcome to him, than a slanderer. The world, I am afraid, regards not this monster with half the abhorrence which he deserves; and I am more afraid to assign the reason of this criminal lenity shown towards him. Yet it is certain that the thief looks innocent in comparison; nay, the murderer himself can seldom stand in competition with his guilt; for slander is a more cruel weapon than the sword, as the wounds which the former gives are always incurable. One method, indeed, there is of killing, and that the basest and most execrable of all, which bears an exact analogy to the vice here declaimed against, and that is poison—a means of revenge so base, and yet so horrible, that it was once wisely distinguished by our aws rom all other murders in the peculiar severity of the punishment.

Besides the dreadful mischief done by slander, and the baseness of the means by which it is effected, there are other circumstances that highly aggravate its atrocious creation, and seldom promises itself any reward, unless some black and infernal mind propose a reward in the thought of having procured the ruin and misery of another.

Shakespeare hath nobly touched this vice, when he says:
'Who steals my purse steals trash; 'tis something, nothing,
'Twas mine, 'tis his, and hath been slave to thousands:
But he that filches from me my good name,
Robs me of that which not enriches him,
But makes me poor indeed!'—*Fielding.*

I venerate old age, and love not the man who can look without emotion upon the sunset of life, when the dusk of evening begins to gather over the watery eye, and the shadows of twilight grow broader and deeper upon the understanding.—*Longfellow.*

How beautiful can time with goodness make an old man look!
D. Jerrold.

Every man desires to live long, but no man would be old.—*Swift.*

Confidence is a plant of slow growth in an aged bosom.—*Pitt.*

Nine times out of ten, it is over the Bridge of Sighs that we pass the narrow gulf from youth to manhood. The interval is usually occupied by an ill-placed or disappointed affection. We recover, and find ourselves a new being.—*Lord Lytton.*

The schoolboy, above all others, is not the simple being the world imagines. In that young bosom are often stirring passions as strong as our own, desires not less violent, a volition not less supreme. In that young bosom what burning love, what intense ambition, what avarice, what lust of power; envy that fiends might emulate, hate that man might fear!
Lord Beaconsfield.

What must be the feelings of three-score years and odd, with the world slipping from under its feet, the waking moment rapidly approaching, and the feverish dream leaving not one solid reality behind it, not one well-grounded hope to hold a beacon through the dark, cold voyage of the future.—*Whyte Melville.*

The worst thing an old man can be is a lover.—*Otway.*

A youth of frolics, an old age of cards.—*Pope.*

Age, too, shines out, and, garrulous, recounts the feats of youth.
Thomson.

A youth of labour with an age of ease.—*Goldsmith.*

It is only necessary to grow old to become more indulgent. I see no ault committed that I have not committed before.—*Goethe.*

It is difficult to grow old gracefully.—*De Stael.*

THE HOUSEWIFE'S CORNER.

AMERICAN POTASH CAKES.

Rub a quarter of a pound of butter into a pound of flour, stir a quarter of a pound of loaf-sugar in half a pint of milk till dissolved; make a solution of about half a tea-cupful of salt of tartar, crystal of soda, or any purified potash, in half a tea-cupful of cold water, mix all together, and work it up into a paste of a good consistence, roll it out, and form it into cakes or biscuits, and bake them on tins. The lightness of these cakes depends much on the briskness of the oven.

AN EXCELLENT SUBSTITUTE FOR CAPER SAUCE.

Boil slowly some parsley, to let it become of a bad colour, cut but do not chop it fine; put it to melted butter, with a tea-spoonful of salt, and a dessert-spoonful of vinegar; let it boil, then serve it up. Pickled cucumber cut in small bits and put into melted butter is also a very good substitute for caper sauce.

DROP BISCUITS.

Beat well together one pound of sifted sugar with eight eggs for twenty minutes, then add a quarter of an ounce of caraway-seeds, and a pound and a quarter of flour well dried; lay white paper on a baking tin, put the mixture in a biscuit-funnel, and drop it out on the paper about the size of half-a-crown; sift sugar over, and bake them in a hot oven.

TO STEW OLD PEAS.

Steep them in soft water all night, then put them in a pan with water just enough to cover them, and a little butter; stew very gently till the peas be quite soft; season with pepper and salt.

ONION PIE.

Chop some onions small, rub in some dried sage, season with pepper and salt, put them in a dish with a good lump of butter and a little water; boil some apples and mash them up with a little sugar, lay them upon the onions, put a paste over and bake it.

PORTRAITS.

The following Portraits are in preparation:—

SIR WILLIAM JENNER, F.R.S., etc.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, Esq., C.B.
Etc., etc., etc.

IMPORTANT PAPERS ON THRIFT.

A series of papers on 'THRIFT, ITS INCULCATION, ADVANTAGES, AND RESULTS,' by T. Bowden Green, Esq., F.R.S.L., Secretary of the National Thrift Society, was commenced in our issue for Nov. 1st, and will be continued forthnightly. Subjects:

1.—Thrift in the House.
2.—Thrift in the Workshop.
3.—Cottage Thrift.
4.—Palace Thrift.
5.—Commercial Thrift.
6.—Thrift in Purchasing.
7.—Everyday Thrift.
8.—Holiday Thrift.
9.—Official Thrift.
10.—Parochial Thrift.
11.—National Thrift.
12.—Thrift Abroad.

HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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LORENZO NILES FOWLER.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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LORENZO NILES FOWLER.

THE gentleman whose portrait we give this week is one whose fame and reputation are well established. Lorenzo Niles Fowler is an American by birth, and in the land of his nativity, as well as in that of his adoption, his name is to many thousands a household word.

Destined by his parents for the ministry, Mr. Fowler, while yet a student, became, along with his brother, O. S. Fowler, deeply interested in phrenology, which, at that time—now a little over forty years ago—in consequence of its advocacy by Dr. Caldwell, of Transylvania University, and the visit of Dr. Spurzheim to the United States, was calling forth a great deal of attention. He was at this time at Amherst College, completing his preparatory studies, and among the students the new science was warmly discussed. Henry Ward Beecher was one of the students who took part in these discussions, and having on one occasion been selected to contend in opposition to the claims of phrenology, he sent to Boston for books treating of it, in order that he might be enabled to perform his part in the debate with a knowledge of the science from the point of view of the phrenological teachers themselves. He was, however, overwhelmed by the weight of evidence in favour of the new system, and gave his testimony in its behalf.

So strong became the interest of the brothers Fowler, that both determined then and there to become promulgators of the new science, believing that in the teaching of phrenology they would obtain experience which would be of service to them in their career as ministers. They had not been long engaged in their new sphere, however, ere they found in it a field of usefulness so wide that they became satisfied that they could not do better than continue to prosecute it.

Leaving Amherst in 1834, the brothers began to lecture and to publish ; and from that time to this, their names have been identified with the spread and development of phrenological science, not only in the United States, but throughout the world. The works of the two brothers are the text-books on phrenology. But they did not confine themselves to the subject of phrenology. They were among the first popular teachers of physiology, and the laws of health, temperance, &c. As early as 1827, the subject of our sketch threw his influence into the temperance cause, and helped, indeed, to form one of the first teetotal temperance societies in America.

In 1860, Mr. L. N. Fowler, along with his then partner, Mr. S. R. Wells (since deceased), came to England, intending to remain for a year or two. The reception he met with, and the wide field of usefulness open to him, however, soon determined him to stay ; and since that time he has laboured with rare singleness of purpose in the sphere in which he seemed to be placed by Providence. There are few towns in the three kingdoms in which he has not lectured on the subjects he has at heart—health, temperance, the training and education of children, and kindred subjects ; and perhaps no man living who has endeavoured to instruct people in right ways of living, either from the pulpit or the public platform, has had a wider or more general practical influence for good.

Up to within a year ago, Mr. Fowler was ably seconded in his labours by his wife, Mrs. L. F. Fowler, who was one of the first ladies to win a medical diploma in America, and to practice publicly as a doctor. She, too, was an ardent worker in the cause of high thinking and correct living, and became a martyr to the cause she espoused.

Some years ago Mr. Fowler permanently settled in London, and there are but few parts of the Metropolis where he is not known as a lecturer. So popular is he, with young men especially, that before many societies he has lectured on temperance, health, conduct, and so forth, twenty or thirty times, with unflagging interest. Mr. Fowler is no orator, but a plain, practical, straightforward speaker, with plenty of that magnetism that attracts and influences his hearers, and not a little of that dry humour which clinches a home truth as hardly anything else can.

Mr. Fowler has been a large contributor to the literature of the subjects to which he has given his attention. One of his first efforts in this line was to aid in establishing the *American Phrenological Journal*, a publication which is still in existence ; and it is worthy of mention that Mr. Fowler is now publishing an English *Phrenological Magazine*, the second number of which is before us—a publication highly creditable to the name and the science whereto it is devoted.

In conclusion, we may say that Mr. Fowler has just taken extensive premises in Ludgate Circus (opposite to those he has long occupied), with a view of establishing a permanent institution for the dissemination of information on those subjects with which his life and talents have been so long identified.

LADY WATERLOW.

WE regret to announce that Lady Waterlow, wife of Sir Sidney Waterlow, M.P., died suddenly at Nice on Wednesday morning. The deceased was spending the winter months there with the younger members of her family, and was left by Sir Sidney in fairly good health and spirits on the 15th inst. Pneumonia is stated to be the immediate cause of death. Lady Waterlow was in the 57th year of her age.

HYGIENE.

THE BARK-CURE OF INTEMPERANCE.

To the Editor of "HOUSE AND HOME."

SIR,

I have received several communications with respect to the use of the *Cinchona rubra*, as adverted to by me in your number of December 20, 1879. I was also favoured with a visit on the subject by the late lamented Mr. Lockhart, a few days before he was seized with the illness which proved fatal. He said he thought it most desirable, in the interest of every *House and Home* that such a means of attacking, physiologically, the morbid, sometimes hereditary, appetite for alcohol, should be made public, and that he wanted to help in so doing. He asked for the prescription in the case outlined in my letter, and said he would at once communicate it to several whom he knew, to whom he knew it would be valuable. His lamented illness and death would have interfered with such intention of using the information I gave him.

I therefore now, and to meet other inquiries, proceed to state the particulars of the administration of the drug in the case I wrote about. It is proper for me, however, to warn patients against tampering with a drug like the *Cinchona rubra*, which, in massive doses, may be too stimulating for them. Unless they begin with small doses, gradually ascending to larger, they may do harm to themselves, as my patient was doing before he came to me. I therefore recommend it to be taken under advice of some physician who happens to understand the disease-causing as well as disease-curing effects of drugs. When my patient came to me he was suffering from an uncomfortable excitation of the nervous system, an aggravation of possible effects of alcoholic stimulants, which I attributed to the doses which he had taken of the *Cinchona* being unsuitable to his condition. I prescribed as follows :—

August 4.—Take of *Water* twelve ounces, into which pour, of *Concentrated Tincture of Cinchona rubra*, two drachms: shake up, and take one ounce three times a day on an empty stomach.

August 9th, 16th, 22nd.—My patient came successively on these dates. On the 9th I prescribed three drachms of the *Tincture* to the twelve ounces of water; on the 16th four drachms; and on the 22nd five drachms—each mixture to be taken in the same manner.

At the end of the taking of each prescription, there was a progressive diminution of the looking for the accustomed stimulants. After the last date he ceased to come to me, for the reason, as he since told me, that his taste for wine had vanished, and his craving for beer changed to aversion.

It will be observed that each twelve ounce mixture contained enough for four days, and that the patient came—being prevented by business engagements—at intervals of five, six and seven days.

My latest news from him is that the taste for alcoholic drinks has not returned.

J. DIXON, L.R.C.P. *Edin.*

8, Great Ormond Street, W.C.
January 26th, 1880.

NOTES ON SOME OF THE

COMMON AILMENTS OF INFANCY,

WITH THEIR

HYGIENIC AND CURATIVE TREATMENT.*

BY BENSON BAKER, M.D., L.R.C.P.LOND., M.R.C.S.ENG., ETC., ETC.

Author of "The Sanitary Condition of the Poor in relation to Disease, Poverty, and Crime," "Infanticide," "Baby Farming," &c. &c.

(Continued from page 37.)

TEETHING (*continued*).

SOME of the symptoms of dentition are clearly indications on the part of nature to relieve local and constitutional irritation. The increased flow of saliva lessens the irritation of the gums, and the relaxed condition of the bowels diminishes considerably the symptomatic fever and nervous irritation produced by the increased flow of blood to the head. Diarrhœa, so long as it does not distress the child, but rather relieves it, should not be checked; but no child should be allowed to suffer from diarrhœa or vomiting to the extent of exhaustion, simply because it is teething, and a relaxed condition of the bowels at that time is beneficial. The distinction should be made between the symptoms that arise from dentition, and those that are associated with it, but are really signs of disease. This is especially necessary in afflictions of the intestinal canal and of the nervous system, because they are often attributed to dentition, whereas they may be caused by organic disease of the brain, stomach, or bowels.

The process of dentition has been most graphically described by Dr. Von Ammon, as follows: "The first stage of teething is indicated by symptoms of general irritation about the mouth, and of some constitutional disturbance. The child becomes restless, and the saliva begins to flow in quantities from the mouth, and on the least uneasiness the infant cries, but in a little while smiles again with its wonted placidity; tears and smiles thus succeed each other at intervals. The eyes and cheeks become red, the appetite capricious, and thirst frequently considerable. Sleep is disturbed or interrupted by dreams, and a general expression of uneasiness pervades the frame. The gums, which at first were unaltered, begin to swell, and become inflamed and painful. The child now carries everything to its mouth, and is evidently relieved by rubbing the gums. The bowels at this time are generally open, and as a certain degree of bowel complaint is beneficial during teething, its occurrence need not excite any uneasiness; after going on for a longer or shorter time, these symptoms gradually abate, and are followed by an interval of comfort and repose.

"The second stage of teething soon follows. Instead of regularly carrying everything to the mouth, the child now often shows a fear of allowing anything to touch it, and often cries when he happens to bite unwarily. The gums and mouth become hot; a pale or bright red elevated spot appears on the gums, which become very painful when pressed upon. The child changes colour, the cheeks being frequently flushed, is restless, wishes to be laid down, and is no sooner down than he is anxious to be again in the nurse's arms. Nothing pleases him; at one moment he will demand the breast, and

* A sequel to "How to Feed an Infant."

at the next abruptly turn away from it; he snatches at everything and retains nothing—in short, he appears to be driven about by successive and sudden impulses, without being able to find rest in any position, and with these appearances slight fever and bowel complaint are often combined. When once the teeth are fairly cut, however, all these symptoms vanish."

The picture of dentition thus sketched by Von Ammon may be toned down by judicious management, so that the storm will only be a slight disturbance of the elements; or the incidents and colouring may, by improper food and impure air, be so heightened as to produce diarrhœa, fever, and convulsions, in their most alarming characters, and death, the closing scene.

With respect to the treatment of dentition, very little interference is necessary when the child is healthy, and the surroundings are in accordance with the requirements of health. The child should be taken out into the open air whenever practicable; the bowels should be kept open, the diet should be bland and unstimulating, and given in such quantities so that it may not suffer from an overloaded stomach. If the child be at the breast, the mother or nurse should so modify her diet that the milk may be rendered less stimulating.

It must be remembered that excitement, anxiety, fatigue, and all other violent emotions, affect the quality of the milk injuriously, and that especially during dentition the child's nervous system is highly impressionable, and affected by the slightest disturbance. It is incumbent on those who suckle children to be more careful while the child is cutting its teeth, to avoid everything that may injure the health or disturb the temper, because of the immediate bad effects produced on the child.

The irritation of the gums may be relieved by gently rubbing them with the finger, or giving the child a tough piece of crusty bread to rub the gums with; the child not only is pleased to rub its gums, but the crust stimulates the salivary glands to increased action, and the flow of saliva affords relief to the gums. Sometimes it is necessary to lance the gums in order to allay local irritation, and thus subdue constitutional symptoms.

The administration of "teething powders," "soothing powders," "cordials," and "infants' preservatives," &c., during dentition should be especially prohibited. There is always a tendency to congestion of the brain at this period, and the action of all opiates, whether given as "teething powders," or "soothing syrups," is to still further congest the brain to the extent of producing stupor. It is true that many children survive that are dosed with opiates, and that for the time the parents or nurse enjoy the rest thus obtained, but it is also true that thousands are killed by "soothing syrups," &c., and that those that survive have their nervous and digestive systems injured for life.

The increased activity displayed by the glandular system, and the rapid evolution of the brain at this period of infant life, render the child peculiarly susceptible to nervous irritation, and this irritation is frequently demonstrated by inducing convulsions.

This symptomatic irritation of the brain may be relieved by keeping the head cool, pouring cold water over the head, at the same time employing a hot bath to the feet, keeping the bowels open, and if necessary lancing the gums, either for the purpose of bleeding, and thus allaying local irritation, or lancing to the extent of allowing the tooth to come through. Lancing the gums is not a painful proceeding; the child will even smile while it is being done, in gratitude for the relief afforded. Usually, when the local irritation is removed, all constitutional symptoms gradually disappear.

DIETETICS.

WHAT IS THE MEANING OF BREWING?

II.

THE brewing of Wine involves the same general principles as the brewing of Beer, with this difference—that *Art* begins earlier in the latter case than the former. Nature has already prepared her material in the case of fermenting the juice of the grape—the "*new wine*" is ready to hand, or rather, as it was in the olden time, to the feet—it is in the grape, awaiting only to be crushed out into a trough or vat. Unfermented wine is the basis of fermented. When we have, however, already gotten the wort of malt, or the juice of grape, the subsequent process and results of fermentation are essentially the same in both—being *a chemical operation*, under human superintendence, which ends in a perfect transmutation of the materials, bringing into existence *new* substances, with new and even opposite *properties* to those of the original.

That process is called "fermentation," and its nature is thus described by Professor Dittmar, in his article in the 9th edition of the "Encyclopædia Britannica":—

"Fermentations are, chemically speaking, *non-spontaneous*. No fermentable chemical species will ferment except in presence of water, and unless it be kept by means of that water in *direct contact* with some *specific ferment*."

In brewing beer, yeast is artificially added, but in grape-juice there is a sufficiency of albumen in the floating *spores* of yeast, called *Saccharomyces* in yeast of wine, *Torula Cerevisiæ* in yeast of beer (which is a fungoid plant like the Vinegar plant), to feed upon, and reproduce itself in quantities sufficient for the fermentation required.

Denman's *Wine Circular*—consisting of sixteen pages of extracts "On the Chymistry of Wine" from the *Times*, from Dr. Druitt's *Report*, and from the *Saturday Review*—opens a to the public some facts which they ought to know. The *Circular* might furnish a parody on the old proverb, "Whe rogues fall out, honest men get at their own"—and so when Brewers and Adulterators fall out, honest as well as simple men get at the truth.

The *Times* begins by speaking of an 18s. Burgundy as "a more *natural* and more *genuine* product" than a 42s! But the only "natural and genuine" thing is the juice of the grape. There Nature stops *her* regulation, and that of the brewer commences. What are stated to be (and are) the constituents in Nature's grape-bottle?

"The juice of the grape contains *sugar*, acid-salts, chiefly potassic, malates and tartrates, gum, *albumen*, *fibrine*, vegetable gelatine, and water. The husks of purple grapes contain colouring matter—the husks, seeds, and stems of all varieties contain tannin."

On this natural product, then, the *art* of man begins to work—of course by means of natural law, for "all power is of God" alike, whether wisely or wickedly used. The *Times* shall tell the story of the transformation effected by the brewer—"When the juice is expressed, and suffered to remain at a proper temperature, the sugar undergoes *conversion* into alcohol by the process known as fermentation, during which the *albuminous* matters are chiefly *decomposed*, and thrown down as *dregs*, leaving the acid salts in solution." Now these substances, albumen and fibrine, are the nourishing or nitrogenous forms of food, which build up the blood-discs and increase that *protoplasm* which is the material agent of continuous animal life. But in the form of wine-dregs it is no longer available for food—it is now "spoilt." The end of fermenting wine is, therefore, like the end of fermenting malt-wort, *to get quit entirely of the nutrition !*

Sugar is the second most valuable element of food in natural wine (or grape-juice). True, it will not nourish, but only make fat, and so be burnt up in the body as fuel, to keep up the heat of the blood, or supply mechanical force for work. Of this other element of food the *Times* gives this account :—

"If the juice be poor in sugar, the *whole* of this sugar may be *converted into alcohol*, and the resulting wine will be perfectly 'dry.' If the juice be rich in sugar, the conversion of a part may produce *sufficient alcohol to stop the fermentation* of the rest, and the resulting wine will be "sweet," or at least will contain sugar. It follows that *a pure wine* would be of a very moderate alcoholic strength, and would either *contain no sugar*, or only the small residue left after the formation of the alcohol had ceased. It would be distinctly *acid*, from the malates and tartrates in solution."

Here, then, we find that the end and purpose of the art of wine as well as of beer making is to *destroy* as much as possible the food which the Creator has formed, until nothing is left but an alcoholic, ethereal, and acid *solution*—that, in short, which Mr. Walter, of the *Times*, has pithily called "the Devil in solution."

But not only is wine-brewing a work of Art, intended to change natural substances into artificial ones, and solids into fluids—it is a process of which the kind of fermentation described is but the beginning of other and still more subtle transformations.

"When the fermentation is complete, and the resulting wine (finally *racked* from its lees or dregs) is *set aside in proper vessels*, and under favourable conditions, *a new series of chemical changes commences.* The co-existence of alcohol and acids *gives rise* to the formation of small quantities of *ethers* of those acids —the acid salts are gradually deposited [as tartar]. These changes are continuous, and *have no goal short of the absolute breaking-up of the liquid into new combinations*, leading ultimately to COMPLETE DECAY."

Our readers, we trust, will now have correct conceptions of this Art of Brewing. It will be seen to be a system that involves a wholesale waste of food and of labour, an entire and intentional *inversion* of the process of Providence in the creation of grain and fruit, for the production of an article—intoxicating liquor—which, after defiling the blood, paralysing the nerves, and distempering the tissues, so acts upon man's psychological nature as to feed all that is sensual, foster all that is passionate, and stimulate all that is brutal, and ends by creating a slavery more fatal and hopeless than any other—because benumbing the moral nature, and abolishing the moral will, of its millions of victims.

In another article we shall give some account of wines as they are—letting out "the secrets of the prison-house"—and show how, in many respects, the "Trade" itself illustrates and confirms the teachings of the Temperance advocate.

F. R. L.

WHAT SHALL WE EAT?

THE Secretary of the Food Reform Society writes: "Professor De Chamont points out the danger of partial starvation, arising in too many cases from the want of nitrogenous or flesh-forming foods. As many persons do not know what foods best supply flesh to their bones, and at the least cost, the table below (furnished by the Food Reform Society, which Society gives free lectures on food, on the first and third Thursday evenings in each month, at the Franklin Hall, Castle Street, Oxford Street), may be useful :—

COMPOSITION OF FOOD.

Weight.	The following Articles of Diet.	CONTAIN		SUPPLY TO BODY.		
		Solid Matter.	Water.	Flesh forming Principle.	Heat forming Principle.	Ashes.
lb.		lb.	lb.	lb.	lb.	lb.
100	Turnips - - -	11·0	89·0	1·0	9·0	1·0
100	Carrots - - - -	13·0	87·0	2·0	10·0	1·0
100	Potatoes - - -	28·0	72·0	2·0	25·0	1·0
100	**Butchers' Meat**	**36·6**	**63·4**	**21·5**	**14·3**	**0·8**
100	Bread (stale) - -	76·0	24·0	10·7	64·3	1·0
100	Peas - - - - -	84·0	16·0	29·0	51·5	3·5
100	Barley Meal - -	84·5	15·5	14·0	68·5	2·0
100	Wheat Meal - -	85·5	14·5	21·0	62·0	2·5
100	Oatmeal - - -	91·0	9·0	12·0	77·0	2·0
100	Haricot Beans -	82·0	18·0	25·0	51·0	3·0

A man eating one pound weight, daily, of haricot beans, will, in the year, have obtained as much as three hundred pounds weight of solid matter from them, for which, the cost, will be only £9 2s. 6d., while a man eating the same weight of butchers' meat, daily, in the year will have had only one hundred and forty-five pounds weight of solid matter, for which the cost will be £18 5s. But the man eating the beef to get the same amount of solid matter obtained by the one eating the beans, at a cost of £9 2s. 6d., must actually pay £39. In other words, £30 is actually worse than thrown away by eating the meat instead of the beans, to say nothing of loss by bones and waste, all flesh being nearly three parts water.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get "the trade" to take up a new penny paper, there being so many of them ; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway bookstalls.

NATIONAL THRIFT SOCIETY.

UNDER the auspices of the National Thrift Society, a Conference was to have been held on Tuesday afternoon, at the Mansion House, on the subject of "Thrift, and the various Means for its Development."

On the entry of the Lord Mayor, some expressions of impatience were manifested. His Lordship said that if persons were dissatisfied, they could leave the room. (Hear, hear.)

Cardinal Manning, in opening the proceedings, apologised for the delay, and said, if the meeting were only aware of the cause, they would be perfectly satisfied. His Eminence was of opinion that no more important subject than that of thrift could engage the attention of a public meeting in the City of London. He believed there was no country in existence where there was a greater amount of wealth and a greater amount of waste. In this country of exceptional wealth and of exuberant incomes, there was a widely-spread national improvidence. He did not wish, however, to discuss the subject of thrift in connection with any particular organisation of society. It was with great pleasure that he had accepted an invitation to attend that Conference, but for the reason he had named, and the fact that sufficient information had not been afforded to the meeting, he thought it would be expedient to adjourn the meeting to some future occasion, when there would be better accommodation, and the Conference could be conducted in a calmer manner. He moved, "That inasmuch as many who are greatly interested in the subject of national thrift have been invited to meet together to-day without sufficient information as to the nature and organisation of the National Society for Thrift, this meeting trusts the Lord Mayor will postpone the Conference to-day, and that a future meeting will be organised without reference to any existing society." (Cheers.)

Mr. J. G. Hubbard, M.P., said that thrift or providence was one source of England's strength, and never had it been more so than in the present condition of the country. No one could fail to be struck with the manner in which many people who had opportunities of earning good wages, fell back upon the provision made for them by Government whenever a time of depression occurred. That was a thing which ought not to occur, particularly under existing circumstances, when education was largely diffused. Post Office savings banks offered great facilities to the working classes to husband their means; but he acknowledged that there were limits as to time and amounts which might well be removed. He saw no reason why, when a man had saved a certain sum, we should not follow the example of the French, and give him an interest in the national debt. But that and all other subjects in connection with thrift required to be calmly and carefully considered; and as it was impossible under present circumstances to give them calm consideration, he should second the resolution which Cardinal Manning had proposed.

The Lord Mayor intimated that it would give him the greatest possible pleasure, if the motion were carried, to grant the use of the Egyptian Hall for the adjourned meeting. He could not do so on that occasion, as the hall was under repair.

Captain Cockburn proposed as an amendment, that, previous to the adjournment of the Conference, those gentlemen who had come prepared to address the Conference on the subject should be invited to do so.

The Lord Mayor stated that it was the wish of all engaged in calling together the meeting to adjourn, including those gentlemen who had prepared papers.

The Rev. A. Ross seconded the amendment.

Cardinal Manning was ready, if the meeting so wished, to sit out the reading of the papers.

Mr. T. Bowden Green, Secretary of the Society, said there seemed to have been a slight hitch and some jealousy in respect to a few of those who were to conduct the meeting that day. (A Voice, "You are a Papist," and hisses.) An association called the Charity Organisation Society had influenced the Lord Mayor in endeavouring to put off the meeting. (A Voice, "Shame.") It was a shame: but, rather than have any hubbub, he was prepared to support Cardinal Manning's motion. The Charity Organisation Society had tried to get up some frivolous charges against the National Thrift Society—charges which had no foundation whatever. (A cry, "Nonsense;" and a voice from the back of the hall, "There is no reason why the discussion should not proceed.")

Mr. Kenny, as representing the Builders' Labourers' Union, supported the motion, and suggested that in connection with the forthcoming Conference, the working classes, or their delegates from organised bodies, should be communicated with. The question was one which affected the working classes more than any other class in the community.

Dr. B. W. Richardson also supported the motion. He had attended, he said, with great pleasure; and he had brought together a considerable number of facts which he thought it would be of interest to speak upon. But he felt that he could not possibly, under present circumstances, enter into this great subject with that calmness and judgment which it demanded. His friend Professor Leone Levi sympathised with him in the dilemma; and there were several others who desired that the matter should be scientifically and philosophically discussed, but who were not prepared to have that discussion at the present moment. (Hear, hear.) They could promise, however, to come again on a future occasion.

The motion and the amendment were then put to the meeting, when the Lord Mayor declared the motion for a postponement of the Conference to be carried.

Professor Leone Levi moved a vote of thanks to Sir Francis Truscott for having favoured the meeting with his presence, and for having granted the use of the Long Parlour on the occasion.

The motion was cordially agreed to.

The Lord Mayor, in acknowledging the compliment, said due notice would be given of the day on which the Conference would be held. He hoped that it would be a large and representative meeting, in a larger hall than the present, and that its result would be eminently satisfactory. (Hear, hear.)

The proceedings then terminated.

According to the programme, papers or speeches had been promised by Professor Leone Levi on "The Margin for Saving," Mr. Alderman M'Arthur, M.P., Mr. Blanchard Jerrold on "Thrift among the French Peasantry," Cardinal Manning, the Rev. W. Blackley on "Practical Education in Thrift," and Dr. Richardson.

At a committee meeting of this Society, held last evening, it was resolved, "That in consequence of the resolution proposed at the Mansion House by Cardinal Manning, and seconded by the Right Hon. F. G. Hubbard, M.P., with regard to convening a second meeting on the subject of the development of thrift, that this Society should take steps to secure, without delay, the holding of a further Conference." Those willing to co-operate with the society in the development of its objects are invited to forward their names to the secretary at the London offices, 14, Finsbury Circus, E.C.

The Lord Mayor has published his withdrawal from the position of Vice-President to the National Thrift Society, and his Lordship announces that the adjourned Conference will not be held under the auspices of any association. We hope the National Thrift Society will be able to answer the allegations of the Charity Organisation Society.

BELIEVE AND TRUST.

A CHILDLESS widow, seemingly forsaken,
Gave words to wrath—rebellious, fierce, and wild:
Wrath that the gift the Giver gave was taken:
And would not pardon God who took her child.

She had a waking-vision: saw a band
Of happy children: there she knew her boy:
Each held a lighted lamp in his young hand:
And, as they passed, each sang a hymn of joy.

All but one mournful child: *his* solemn tread,
And face, were gloom: *his* lamp—it had no light:
When, sobbing through her tears the mother said,
"How comes it, dear, your lamp is dark as night?"

"Mother!" he said, "you, mother, make me sad,
Your tears put out my lamp, and stay my voice:
I must be mournful when I would be glad,
And silent where, in soul, I should rejoice."

Up rose the mother from her knees, and smiled;
Her sobs were stilled: of tears remained none:
As bending low her head towards her child,
She clasped her hands and said, "HIS WILL BE DONE."

Out burst the lamp, with a wide-spreading light!
Out burst, from all that group, a joyful hymn!
'Twas as a change to perfect day from night,
When heard and echoed by the Seraphim.

July, 1879. *S. C. Hall.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: JANUARY 31st, 1880.

INCENTIVES TO THRIFT.

LAST week we directed the attention of our readers to the drinking system as a source of national waste, but the evil result of the system is by no means confined to the nation in the aggregate. It affects the individual, and is one of the most powerful counteractives to thriftiness. With all classes of society the expenditure in drink forms a heavy and an important item, while with the working classes, when the habit of drinking takes root, first the surplus income, which ought to be invested against future contingencies, is expended in the purchase of drink; then a part of what should be spent in the necessities of life is absorbed in the same manner; and finally the impaired health of the bread-winner reduces his earning-power, until, from inability to work on the one hand, and the inexorable demands of the costly and steadily increasing drink-appetite on the other, the family sinks into the slough of pauperism.

There are, however, hopeful signs abroad, and facilities for saving and incentives to thrift are among the most encouraging of them. The Post Office Savings Bank affords a safe and readily got at channel for savings, and one that has been largely used by the industrial classes. Mr. Bartley's National Penny Bank offers inducements to smaller depositors, as do also the banks promoted by the National Thrift Society and the Church of England Temperance Society.

Land and building societies deserve every encouragement. Their influence upon the people has been of the most beneficent kind. The natural desire to own a house, however humble, has led thousands to become shareholders in building societies, and besides gaining the immediate object in view, "houses of their own," the members have, in the process, been educated into the habit of saving, and this habit is of incalculable value to their families and themselves throughout the remainder of their lives.

Many of the building societies, however, especially in the Metropolis, are susceptible of great improvement. As a rule they are not formed on an equitable basis, and borrowers are charged too much for the accommodation afforded. This results in a great measure from the fact that in most instances building societies are got up in the interests of their promoters and managers, who seize on a good principle, and apply it to their own benefit, or, at least, their own interest is the first to be secured. The interest of the shareholder ranks next, and the borrower is treated as an animal to be bled for their joint benefit.

When the working classes turn their attention to this important topic, and resolve on establishing and conducting, *by themselves and for themselves*, mutual building societies, they will be able to realise all the benefits to be obtained from such societies. It will be a hopeful sign when they address themselves to this work in good earnest. The leisure-time at present squandered or improperly employed might be so turned to good account; and societies costing but little in their management could afford to lend money at a comparatively low rate of interest.

The recent Conference of the National Thrift Society, attempted at the Mansion House, and reported in another column, ought to give an impetus to the movement. We trust the adjourned Conference will be of an eminently satisfactory character. The subject may worthily engage the attention of philanthropists, for if but a small portion of the money now dispensed in the form of charity were applied to the promotion of thrift among the people, the result would be of a much more satisfactory character. We hope, as one result of the Conference, that the Thrift Society will be shown to be well worthy of confidence. Hitherto this Society has not met with the support its object deserves, and the amount of work done by it with its very slender income ought to attract larger contributions to so meritorious a movement.

It should be borne in mind that there is nothing mean about thrift, while extravagance is likely to lead to every kind of meanness. The Earl of Derby recently addressed a gathering in connection with the Liverpool Penny Savings Banks, his remarks upon this point being exceedingly good. His lordship said:—

"You will sometimes hear people talk—young people especially—as if there was something mean and poor about the habit of frugality, and as if squandering were the sign of a generous nature. If ever that fallacy is uttered in your hearing, just trample it out. There are, here and there, misers and selfish economists, no doubt; but, as a rule, what is there less generous than self-indulgence? Most people who save do it with, at least, a partly unselfish purpose. They save for the old age of a parent, for the future of a child, or in order that they themselves, in old age, may not be a burden to others. But of what is needlessly spent, how much goes, in general, in nothing else than personal and selfish pleasure! It is very fine, I dare say, for a youth to have his fling, and come home with empty pockets; but what is there fine about the spectacle of that same youth grown old, with nothing of his own laid by, disabled from work, and living on the charity of his brothers, his sisters, or his children? Who has got the best of it then?"—A question we leave to the common sense of our readers.

CURRENT OPINIONS AND EVENTS.

The German Trades Unions are raising voluntary subscriptions for the relief of their members in Upper Silesia, a district at present suffering from famine. A writer in the *Gewerk Verein*, the organ of the Trade Societies, gives the following revolting description of the *house* and *home* of a Silesian labourer :—

"Let us enter a manorial village in which an old nobility, strongly conservative and pious, and taking an active part in various benevolent societies, resides. Do you doubt that these hovels are inhabited? Let us enter one of them. The walls have partly fallen down, the roof is leaky all over, the broken windows are stuffed with rags, the woodwork is disjointed and threatens to fall down—but proceed, and don't mind stooping. The clay floor is frozen hard now, but it shows the footprints of softer times. It would be dark but for the cracks in the wall, which admit snow and light. Is this smoke? No, it is steam coming out of the room. I open the door. The floor inside is of the same material as in the passage, with the difference of a few puddles. A ragged female figure comes towards us in the dense fog, followed by three or four half-naked and shaggy-headed urchins. She is not startled, but she stares at us. The furniture consists of a rough deal table, a few seats of the same, an oblong box, a few barrels and pots thrown about in confusion, some bedstead-like frames, and an axe and hatchet. The midday meal is just ready. Potatoes boiled in their skins are turned out on the table; beside them lies a herring and salt on a wooden plate. The noise made by a wooden clapper on an iron-plate in the courtyard of the manor has just announced dinner-time; the labourer enters, and the meal is taken sitting and standing. In reply to questions we learn that the man earns 7⅕d. a day in summer and 6d. a day in winter; but we are given to understand that on other manorial farms in the district men have to work for less with fewer privileges. Here more potatoes are planted for the hinds, and there is a more liberal supply of firewood than on other estates. The keeping of fowls is not allowed, but a goat or a sheep is not objected to. The other labourers (meaning those who preserve their independence by not hiring themselves out by the year) are worse off. They get more money when at work, which is not often the case in winter, but then they have to pay rent and buy everything they want. But man, this is perishing! the white frost on the walls is finger thick! With the hoarse laugh of an idiot, the man replies, 'I have tried everywhere, but have not found it better anywhere, but worse somewhere.' The repair of the hovel is not his business. The clapper sounds, the time-keeper is sharp, and the man shuts his knife, and goes as he came."

Mr. Mechi's annual balance-sheet of his farm at Tiptree for the first time in fifteen years shows a deficiency. In 1878 he made a profit of £580 16s. 1d.; in 1879 a loss of £169 12s. 2d. If Mr. Mechi is unable to make a satisfactory balance-sheet for last year, what must be the position of farmers who have neither his enterprise nor his advantages?

The *Standard* of Monday last contained the letter of "A Mother," who complained of the quality of the food supplied the scholars at Christ's Hospital. She contended that better fare should be provided, and instanced cases where boys who had left "homes of luxury" for the school, suffered intensely from the bad food furnished. The dietary might, without doubt, be improved, but the fact that lads from "homes of luxury" are receiving their education at the expense of the charity is not creditable to their friends. Every lad educated at Christ's Hospital, whose friends are in a position to pay for his education, is robbing some lad in humbler circumstances, of educational advantages intended solely for the benefit of the poor.

The Rev. W. Rogers, chaplain in ordinary to the Queen, put this very strongly last Sunday, when preaching a sermon on behalf of the destitute and homeless. He said: "Christ's Hospital was founded for poor boys who wandered about like vagabonds, and who were brought in thither to be clothed and fed and taught. Christ's Hospital was the original ragged school of London, and the dress which the boys now wore was the dress of the poor stranger in the days of Edward VI."

Mr. Ruskin, in a pamphlet privately issued, says of his recent illness: "The illness which all but killed me nearly two years ago was not brought on by overwork, but by grief at the course of public affairs in England, and by affairs, public and private alike, in Venice; the distress of many an old and deeply-regarded friend there among the humbler classes of the city being as necessary a consequence of the modern system of centralisation as the destruction of her ancient, civil, and religious buildings."

In a paper recently read before the Statistical Society, upon "The Strikes of the Past Ten Years," Mr. G. Phillips Beavan said :—

"After the wage losses were considered—the workmen only forming one part of the social economy—there were the losses to the masters, depreciation of plant and machinery, deterioration of house property, unpaid rents, shop-bills in arrear, the ruined tradespeople, the accumulated poor-rates, illness of wives and families, trade driven away: all these results, if they could be put into figures, would probably treble the losses of wages."

Speaking on Sunday-closing, at Sunderland, on Monday last, the Bishop of Durham said of the working-classes that "the educational advantages which were now placed in their way, and the political privileges which were now bestowed upon them, placed the future in their own hands. The measure was essentially a measure on which the working classes ought to declare themselves, and in which their voices should be the most potent of all, and it was on these grounds that he asked their hearty, their steadfast, and their continuous support."

Unless he is sadly misreported, Mr. Clare S. Read, M.P., cannot distinguish between the game laws of this country and the American laws for securing protection of wild fowl during the breeding season. Mr. Read, speaking at Diss on Saturday last, said: "They had game laws, too, in America, for in every State he visited—even so far west as Minnesota—there was a strict law for the protection of prairie hens and all sorts of wild fowl and game; and there was also a strict law of trespass, the same as in England."

HOMELY HINTS FOR THE HOUSEHOLD.

By the Rev. Frederic Wagstaff, F.R.H.S.,
Editor of the "Lay Preacher."

II. On the Selection of a House.

If the first object of the house be to serve as a home for its inmates, then the first consideration in its arrangement should be that of *comfort* and *utility*. Here we have opening to us a wide field for remark, both as regards the selection of a house, and as to the manner in which it should be furnished. It is not always that we have so much freedom of choice in regard to the former as we have in reference to the latter. It will often happen that our only restriction in the matter of furnishing is the capacity or contents of our purse, but many other things have to be considered besides cost when we come to select a house; circumstances may compel us to live here or there. But, in so far as we may be able to choose our location, there are two or three things worth thinking about. It is not always true economy to select a small house, when we can have one a little larger than we absolutely require at a trifle more for rent. It is not of economy that we are now writing; but the subject is fairly within the scope of our general design, and we therefore remark that economy is not merely a matter of pounds, shillings, and pence. So that in choosing between two houses, one of which is barely large enough, and the other is too large, it does not necessarily follow that the first will be the cheapest, even if the rent is lowest. A house has to be taken, and the rent of the smaller of the two houses may be regarded as the minimum which we shall have to pay. Before deciding, let us see what is the actual difference of cost, and then inquire whether the increased accommodation afforded by the second house is worth that difference. To give an example, let us suppose the difference to be £5 a year, or 2s. a week. The *principle* is the same, irrespective of figures. The larger house has, say, an extra bedroom, so that the children need not all sleep in one room, and as they are every day getting bigger, this alone may be worth the extra outlay, if only in the matter of health. Then again, in the second house we have several cupboards, or store places, more than in the first. If it be in the housewife's power to go to market and buy soap, candles, and many other articles in quantities for cash, the cheaper rate at which she will buy, and the advantage of having a store kept in a dry place, will, as every good housewife knows, go a long way towards recouping the extra rent before the year is ended. So, too, in the matter of drying, airing, and storing the clothing of the household. In short, the higher rent may be literally the cheapest in the end, quite apart from the superiority of a roomy house over one that is close and confined, in regard to all matters of health. Here, too, should be considered the *moral* atmosphere of the locality, as well as its physical advantages. On the one hand, let your home be tolerably near to a school for the children, and a church or chapel for all; on the other hand, avoid the neighbourhood of a drink-shop as you would a pest-house. If you want your dwelling to serve the great purposes of a *home* for your children, see to it that there are no baneful counteracting influences, either openly or secretly undermining all your endeavours to train them worthily. Have an eye to the character of those who will be your neighbours. The drainage may be all right; and yet the company of the boys or girls next door may be a moral pestilence, fatal to your children's morals. In selecting your house look at the subject all round. However small the house may be which your purse compels you to select, see that you have room for *family comfort*, as well as for cooking and washing on the one hand, and for visitors on the other. It is a wretched plan to live higgledy-piggledy in the kitchen, where every domestic process has to be performed, amid dirt and disorder, while the "parlour" is kept locked up for high-days and holidays. Why should the children always be relegated to the kitchen? or if the earlier meals of the day be taken there, why should the best room be deemed too fine for the family to gather in it for tea, and for the evening talk and games? But these questions suggest others about furnishing, which we may discuss another time.

MR. M'CULLAGH TORRENS, M.P., ON ARTISANS' DWELLINGS.

A crowded meeting was held on Tuesday last at the Brackley Street Mission Hall, Golden Lane, "to protest against the building of warehouses on ground now lying vacant between Brackley Street, Princes Street, and Charles Street, Barbican, in accordance with the Artisans' Dwellings Act; and that it may only be used for the purpose of erecting homes for the working classes." Mr. M'Cullagh Torrens, M.P., presided, and amongst those present were Messrs. Nind and Felton, members of the Court of Common Council.

The Chairman said it was intended to move a resolution to the effect that a deputation be appointed to wait upon the Home Secretary to ask him, in fulfilment of his own oft-repeated principle and pledge when introducing the Act of 1875, that where great demolition of the dwellings of the industrial classes took place for the purpose of general improvement, it be decreed that dwellings for the people should be reproduced on the spot, or as near as possible. Half the provisions of the Act had been carried out, the demolition had been accomplished, and what they wished to urge the Government to do was to insist that the rest of the Act should be complied with. Mr. Cross, in his Act, wished to rebuild in one way, and he (Mr. Torrens) in another, but it was the same in this matter as with Church and dissent—there was work for both to do. He felt no jealousy, but deplored that the Act of 1875 had not been made successful. Of course it would be nonsense to ask the Home Secretary to order that the authorities should erect house for house and room for room in place of the dwellings removed, but the Act of Parliament said that the Secretary of State should take care that adequate, sufficient, and co-equal accommodation should be provided for those persons who had been displaced; and when the Commissioners of Sewers had taken down the homes of the people under the provisions of a previous statute, they should be reminded that they had obligations to perform, and that they had no right now to say the houses are gone, and the people are gone, and everything but the opportunity of making money. He merely asked the Home Secretary to abide by the law as it was written. The Commissioners of Sewers had admitted the obligation to reproduce dwellings which had been destroyed, but they had found a site a long way off, and said, "Let the people go there." The hon. member then spoke of the hardship and injustice which would be suffered by working men and women employed in that locality in having to walk to Copenhagen Fields after a long day's work. A member of the Government had asked him whether it was his opinion that working people should be packed in one square, whilst the capitalists and shopkeepers lived in another. He replied in the negative, but rather that he wished to see society growing together—the employer and the employed living side by side. He did not want to see hideous structures called workmen's dwellings; he wished that the various classes of the community should not be torn asunder, but kept together. He thought the duty of the Legislature was to facilitate the authorities in supplying proper dwellings in places where decay and house usury had made the residences unfit for habitation. To drive people together in droves and pen them up in a certain portion of the town, like machines, ready for use

when wanted, was not good for the Throne, the aristocracy, or the Government. He trusted the Government would not lose sight of the essential condition on which the Act of 1875 was based—that of giving the people better homes, where alone the word "home" was fitly applied.

Mr. Carter moved, "That a deputation be appointed to wait on Mr. Cross, asking him to refuse the application for the removal of the artisans' dwellings from Golden Lane to Copenhagen Fields, as such a course would be a great hardship upon the poor, and an injustice to the inhabitants, and in fact opposed to the proper meaning of the Act, which was intended to benefit the poor and working classes." He disclaimed any party feeling in this matter, but only wished to stop the wholesale unhousing of the poor which had taken place.

Mr. Hart seconded the motion.

Mr. Felton, C.C., said that all the deputation would have to do would be to ask Mr. Cross not to budge an inch, the Commissioners of Sewers having now seen the errors of their ways. At a meeting of that body held that day, it had been resolved to rescind the resolution which had been passed with regard to the site at Copenhagen Fields, and to proceed no further in the negotiations to acquire the land in question, but instead to take the necessary steps to let the ground now vacant in the vicinity of Golden Lane for the erection of artisans' dwellings in accordance with the Act of 1875. (Cheers.)

Mr. Nind, C.C., assured the meeting that the majority of the Common Council and Commissioners of Sewers were in accord with them.

A deputation was then appointed to wait upon Mr. Cross, it being stated that Mr. Torrens had consented to introduce the members to the Home Secretary.

Several votes of thanks were then passed, and the proceedings terminated.

MR. BURT, M.P., ON HIS POSITION IN THE HOUSE OF COMMONS.

On the 17th inst. Mr. Burt addressed his Bedlington constituents; and in the course of his speech he made the following trenchant reference to a most ill-advised utterance of Sir Matthew White Ridley. Sir Matthew had described Mr. Burt's presence in the House of Commons as an accident :—

"Sir Matthew White Ridley, at Morpeth, while speaking of himself kindly and with respect, had not shown the same respect to his constituents. He had said that his (Mr. Burt's) representation of Morpeth was an accident. Well, he did not think it was one, but a lot of accidents. (Laughter.) If they had an extension of the franchise, and a real and genuine representation of the people, a great number of that kind of accidents would happen up and down the country. (Laughter.) If Sir Matthew had looked around the House of Commons, and exercised his usual keenness of vision, he might have seen a goodly array of accidents in the shape of young men who certainly would not have been there but for having been born the heirs to great landed estates—(laughter, hear, hear, and applause)—and there were others, too, who would not have been there but for the accident of two or three spoilt votes. (Loud laughter.) His was not an accident of that kind. Out of both the old and new voters, only 580 of them said 'nay' to him, and 3,300 said 'yea.' (Laughter and applause.) Such an accident, at all events, was not of every day occurence. But when Sir Matthew White Ridley described him as a delegate, he did not exactly like it, not that he thought it a term of reproach. The position of a delegate was, indeed, a most honourable one, though it was his duty to execute special business under instructions. But a member of Parliament was thrown upon his own resources, and had to exercise his judgment to the best of his ability, and during the six years he had been their representative he had never to his knowlédge received an intimation from any of his constituents to do this or to do that. He had scarcely heard a whisper that any vote he had recorded had given them dissatisfaction. (Applause.) Often during very exciting times members had come to him and said: 'Well, I have got a bundle of letters. My constituents think that I should vote this way, and that way, and the other way. What do yours say?' 'Oh,' he replied, 'mine say nothing at all; they leave it to myself.' (Laughter and applause.) He had done this justice to his constituents, and now let him do this justice to himself also—that if they had, he should still have acted in his own way. (Applause.) Of course, it would have been for them to dispose of him as they thought fit when the time of reckoning came if he could not satisfy them that he had done right. But whatever might be his faults, and he was very sensible of them—whatever might be his imperfections, and he felt them every day—there was not a man who had entered that House of Commons who had been less of a delegate than the man whom the electors of Morpeth had sent there. (Applause.)"

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

CARVING, GILDING, AND GERMAN METAL.

To the Editor of "House and Home."

Sir,

Will you be kind enough to allow me to draw your attention to a very important subject concerning the trade of carving and gilding, principally as it is carried on in the picture-frame business, and introduced into this country by the Germans. It is the gilding of picture-frames, alhambras, and all kinds of other patterns with a German metal which is only a mixture of tin, zinc, and brass, the cost of which is 1½d. per book, whereas the genuine metal English gold costs 1s. 3d. per book. Picture-frames are being gilt in this country at the present time by these foreigners in thousands with this German metal, and sold for English gilding, and so well can they be got up to deceive the eye that one picture-frame shall be done with German metal, and another with the genuine English gold; you may then call in an experienced gilder, and ask him if he can pick you out the one done with the German metal and the one done with the genuine English gold, and although he may be an excellent workman, and have had years of experience in the business, he will not be able to do so. The frames done with German metal look very well for a short time, but in a little while they go very black and are done for. Pure English gilding will always look well; while there is a bit of gold left on them, they can be cleaned, touched up, and always look well and as fresh as ever, but you cannot do this with those done in German metal. Just take a walk into some of our picture galleries, you will not find any German metal there; if at any time the frames in these picture galleries should get tarnished, dusty, or dirty, a gilder is sent for, and all that he does is to take the dust off, wash them over very carefully with a small brush, and sponge them over very gently with a soft sponge and a little clean cold water, and with a clean wash-leather lightly rub the burnished parts over, and they will look as fresh as ever. But this could not be if they were done with this imitation gold or German metal. My principal object in writing upon this subject is to try in my very humble way to open the eyes of the British public as much as possible in this matter. There are thousands of well-to-do people that have very nice pictures hanging round their rooms; the frames are supposed to be gilt with the very best English gold, and have been bought and paid for as such, but they are a complete sham, being only done with this German metal. In conclusion I should like to say that if you buy a picture-frame as a gold one, and it turns out a spurious metal one, it is a fraud, therefore let us remember that all is not gold that glitters.

I am, Sir,
Your obedient Servant,
George Ryan,
A Carver and Gilder.

22, Rupert Street, Leicester Square.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.
Tennyson.

Honour be to all honest conditions of human life, and to that of honest poverty among the rest. Let the poor only turn their misfortunes to the improvement of themselves; let them presume not to think that suffering authorises them to commit crimes or to foster hatred; and they cannot be wholly unhappy. Never, however, under any circumstances ought we to be severe in our judgment of them. Have deep compassion upon the really poor, although they are often goaded by impatience even to rage. Consider how hard a thing it is to suffer extreme want on the highway or in the hovel, while within a few steps the wretched man beholds his fellow-creatures, splendidly arrayed and daintily fed, pass by him. Forgive him if he have the weakness to regard with malice, and relieve his wants because he is a man.—*Coleridge.*

Leisure is time for doing something useful; this leisure the diligent man will obtain, but the lazy man never, so that, as poor Richard says, a life of leisure and a life of laziness are two things.—*Franklin.*

I envy no man who knows more than myself, but pity them that know less.—*Sir Thomas Brown.*

If peace is not to be found at home, it is not natural to expect that we should look for it abroad. The parents and husbands who know this may be brought to repent of their ignorance.—*Zimmerman.*

All deception in the course of life is indeed nothing else but a lie reduced to practice, and falsehood passing from words to things.—*South.*

They who speak the truth, however discovered, have a right to be heard; they who assist others in discovering it have the higher claim to be applauded.—*Parr.*

If, as a necessarian, I cease to blame men for their vices in the ultimate sense of the word, I continue to do so as much as other persons, for how necessarily soever they act, they are influenced by a base and mischievous disposition of mind, against which I must guard myself and others (in proportion as I love myself and others). I, on my system, cannot help viewing them with tenderness and compassion, that will have an infinitely finer and happier effect, as it must make me more earnest and unwearied in my endeavours to reclaim them, without suffering myself to be offended, and desist from my labour, through provocation and disgust.—*Priestley.*

When Jupiter and Juno's wedding was solemnised of old, the gods were all invited to the feast, and many noble men besides. Among the rest came Chrysalus, a Persian prince, bravely attended, rich in golden attires, in gay robes, with a majestical presence—but otherwise an asse. The gods, seeing him come in such pomp and state, rose up to give him place; but Jupiter, perceiving that he was a light, phantistick, idle fellow, turned him and his proud followers into butterflies: and so they continue still (for aught I know to the contrary), roving about in pied coats, and are called Chrysalides by the wiser sort of men; that is, golden outsides, drones, flies, and things of no worth.—*Burton.*

He had need be well underlaid that knows how to entertain the time and himself with his own thoughts. Company, variety of employments, or recreations, may wear out the day with the emptiest hearts; but when a man hath no society but himself, no task to set himself upon but what arises from his own bosom, surely, if he have not a good stock of former notions, or an inward mint of new, he shall soon run out of all, and, as some forlorn bankrupt, grow weary of himself.—*Bishop Hall.*

Surely every medicine is an innovation, and he that will not apply new remedies must expect new evils; for time is the greatest innovator, and if time of course alter things to the worse, and wisdom and counsel shall not alter them to the better, what shall be the end?—*Bacon.*

THE HOUSEWIFE'S CORNER.

BARLEY WATER.

Wash a table-spoonful of pearl barley in cold water, and then put to it two or three lumps of sugar, the rind of one lemon, and half the juice. Pour a quart of boiling water upon these, and allow it to stand some hours. Then strain it for use. Never use the barley a second time.—*Dr. Arnold Lees.*

GOOD LEMONADE.

Squeeze all the juice out of two large lemons, then add a pint of spring water to the juice, and three or four lumps of loaf sugar. When required for use pour half into a tumbler, add half a teaspoonful of carbonate of soda, stir it, and drink whilst effervescing.—*Dr. Arnold Lees.*

STEWED MUSHROOMS.

Take away the skin and stalks, strew a little pepper and salt over the mushrooms, then put them into a stewpan with half a pint of cream. Keep stirring constantly, but with a gentle hand, not to break them; when nearly done, add a little butter rolled in flour, to thicken the sauce.

FRIED COD'S TAIL.

The tail of a cod-fish, which is scarcely eatable if boiled, can be rendered very palatable and firm by being enveloped in oiled paper, and put in the frying-pan with a sufficient quantity of lard. The process of heating requires as much time as would be occupied in boiling.

BARLEY MEAT SOUP.

One pound of beef shin, four ounces of barley (pearl), a small onion, one potato, salt and pepper to taste, a quart and a half of water. Put into a pan, and simmer them all together gently for four hours. Strain, return the barley, and warm up just as much as is required for one meal.—*Dr. Arnold Lees.*

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A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE
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"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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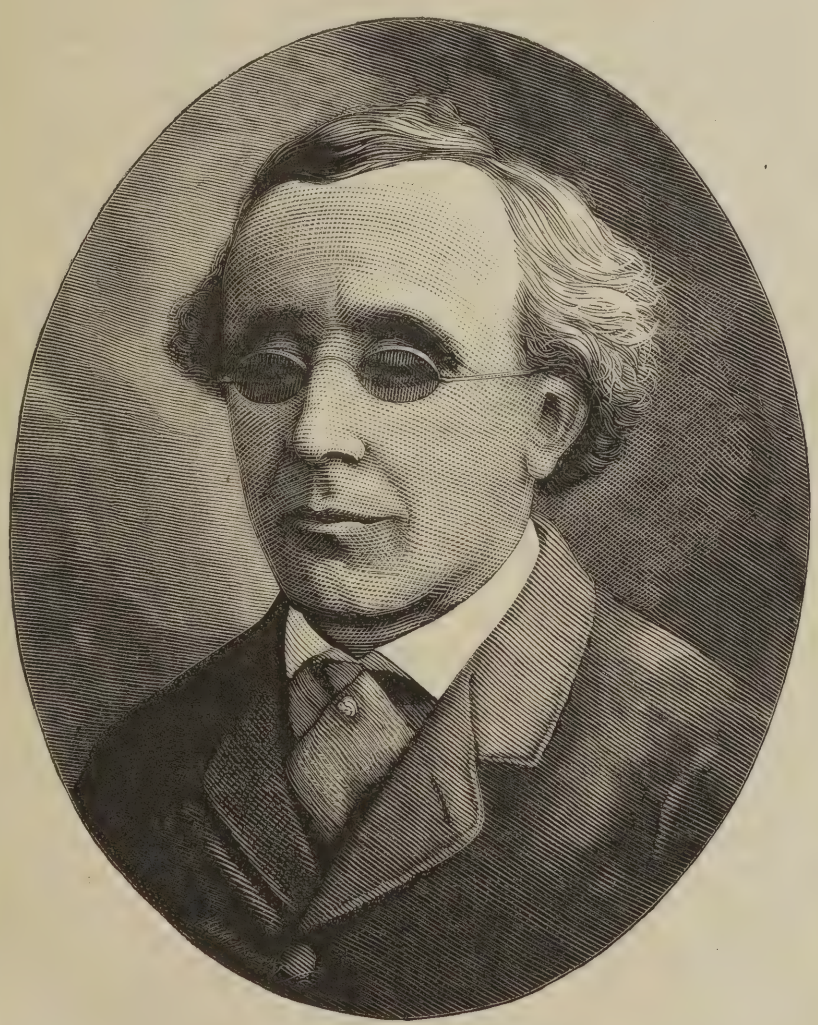

PROFESSOR FAWCETT, M.P.

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The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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PROFESSOR FAWCETT, M.P.

ONE of the most prominent figures in the House of Commons is the blind Member for Hackney, Henry Fawcett, and no other member of that august assembly is listened to with greater respect than is universally accorded to him. An ardent constitutional Radical, yet he is willing to support such proposals for the public good as commend themselves to his judgment, regardless of the party they emanate from, while his complete mastery of the Indian Question, in principle and in detail, renders his presence in the House of Commons of imperial value. He is the representative and mouthpiece of the teeming millions of Hindustan.

Henry Fawcett, the son of W. Fawcett, Esq., J.P., was born at Salisbury, in 1833, and educated at Queenswood College, at King's College, and at Trinity Hall, Cambridge, where he graduated in high mathematical honours in 1856, and became a Fellow of the Society in the same year.

In September, 1858, Mr. Fawcett was totally deprived of his eyesight while engaged in partridge shooting. Two of the shots from the gun of a companion perforated the spectacles he wore, and entered the retina of the eyes. Previous to this lamentable accident he had entered at Lincoln's Inn, with a view to the Bar, but the sad calamity put an end to his career, and he declined the considerate offer of the Benchers of that Inn, to "call" him to the Bar without further delay. In 1863 he was elected Professor of Political Economy in the University of Cambridge; and two years later he published a "Manual of Political Economy," and the "Economic Position of the British Labourer." In 1869 he published a new and revised edition of his "Manual of Political Economy," with two additional chapters on "National Education," and "The Poor Laws and their Influence on Pauperism;" and the work was subsequently further extended in 1874. "Pauperism and its Causes" appeared in 1874, "Speeches on Political Questions" in 1875, and "Free Trade and Protection" in 1878. In 1872 Mr. and Mrs. Fawcett published, jointly, a volume of essays on Political and Economical topics. Professor Fawcett has also been an extensive writer for the leading reviews and magazines.

In 1857, Professor Fawcett unsuccessfully contested the borough of Southwark as an advanced Liberal; in 1862, the borough of Cambridge; and in 1864, Brighton. At the General Election, in 1865, he was returned for the last-mentioned constituency, and he was re-elected in 1868; but he lost his seat at the General Election of 1874. The election of Sir Charles Reed and Mr. John Holms, for Hackney, having been declared void, on account of an informality, Sir Charles withdrew from the subsequent contest. In April, 1874, Professor Fawcett was invited by all sections of the Liberal party in the borough to become a candidate, and he was elected.

Professor Fawcett is one of the most active friends of the Commons Preservation Society, to which movement he has rendered very valuable aid; and that important domestic and sanitary question, the Water Supply, has received a powerful impetus from his advocacy. During the last Session of Parliament Mr. Fawcett succeeded in extracting from the Home Secretary a pledge that the Government would deal with the question. And thus the great boon of a constant supply of pure water will be secured to the London householder. As a political economist Mr. Fawcett takes high rank.

Mr. Fawcett was chairman to the Election Committee of the late Mr. George Odger. In his "Eminent Radicals in Parliament," Mr. Davidson expresses regret, in which we join, that Professor Fawcett does not support the principle of local option in its application to the liquor traffic. He says: "To tell us that local option is as objectionable as the Permissive Bill, or even more so, is to affirm one of two things—either that the present licensing system is perfect and inviolable, or that free trade in liquor is the true remedy for the monstrous evils of intemperance to which society is on all hands admitted to be a prey."

The Hindoos are not ungrateful for the services he has rendered them, and some time ago they subscribed a sum sufficient to meet the cost of his next election in Hackney. On many grounds we trust Professor Fawcett will be returned for that constituency, as his absence from the House of Commons would be regretted, not only by his party at home, but by the teeming millions of India, who would regard it as a calamity indeed.

THE PROPOSED METROPOLITAN WATER TRUST.

WE have reason to believe that the negotiations which have taken place between the Government and the Directors of the London Water Companies are founded on a capitalisation of the dividends, estimated with a due regard to all contingencies. Where the full statutory dividend is not at present being paid, the probability of an increase is to be allowed for. The terms have now been settled with all the Companies, the Directors of the Lambeth Company being the last to come to an agreement. The machinery and works of the various Companies are to undergo inspection, with a view to ascertain what amount of outlay, if any, is requisite to render them efficient. The inspection has already been completed in the case of the Chelsea Company, and the works of the Lambeth Company are now being examined. The financial scheme consists in the creation of Water Stock, and it is understood that the local rates of the Metropolis will be made the guarantee for the payment of the dividends. The nature of the Trust or Commission to which the undertakings will be transferred is not yet definitely settled.—*Standard.*

HOME RELATIONSHIPS.

By Rev. Peter Dean, Walsall.

No. 1.—Lover and Beloved.

The relationship between lover and beloved—courtship—has come to be thought of as one almost inseparable from the manifestation of weakness and folly. Even wise men are expected to make fools of themselves when courting, and the manifestation of a more foolish act than common is frequently received with the remark that the person who has committed it must either be mad or in love. In Shakespeare's *Midsummer Night's Dream*, Bottom, the weaver, is made to lament that "love and reason keep little company now-a-days;" and I am afraid the observation is as true to-day as it was when the great High Priest of Nature penned it. Whether or not love is blind, it undoubtedly often shows itself foolish, for there is an amount of silliness shown in connection with the concerns of courtship such as is hardly equalled in connection with any other department of human experience.

To seek, then—as I am trying to do in this paper—to bring reason to bear upon this subject appears a hopeless and thankless task. Yet I know not of any valid reason why courtship and good sense should be so much, and often so widely, divorced. I think this one of the things which society might alter if it would, and that it is the duty of all to aid in the endeavour. In this, as in other matters, men and women can only be changed and improved by thought and education. People can only act wisely in proportion as they find out, or are taught, what the wise course is; and when ministers of religion and others, whose business it is to lead and instruct the people, understand their duties better, they will not—as they mostly do now—make courtship a tabooed subject, and treat it as if it were a thing which either does not or ought not to exist. For how a young man or young woman manages his or her courtship is of infinite more importance than any of the majority of matters dealt with in pulpits, yet how seldom is there a sermon given upon courting rightly. And this remissness of the pulpit towards those who must and will court is also followed by the other educational agencies, which otherwise ought to lead young people in the right direction. Small wonder is it, then, that such sad mistakes and follies are made or exhibited in relation to this all-important matter. While it is about the most momentous duty of human life, it is the duty of all others upon which human beings receive least instruction and direction from those who ought to be their "guides, philosophers, and friends."

Now, courtship may be divided into two parts. There is, first, the commencing of courtship, and there is, second, the carrying-on of courtship. In other words, there is the selection of a sweetheart, and there is the subsequent treatment of a sweetheart. I assume, to begin with, that the generality of men and women ought to enter on the married state—that marriage—the union of one man with one woman—is as certainly God's will for human beings as any revelation we know. There may be one out of a hundred or so who is constitutionally unfit for marriage, and these ought to remain bachelors or spinsters. Apart from these exceptions, as Dr. Johnson says, "marriage is the best state for man, and every man is a worse man in proportion as he is unfit for the married state." That is to say, to be fit to be married argues a higher stage of perfection than does its opposite. In addition to those who are constitutionally unfitted for marriage, there are those who never meet with partners to their liking, whom they feel that they could ever love, and those unfortunate ones who bury their affections in the premature grave of a lover or beloved one. I think these also act wisely in remaining unmarried; for men and women can truly marry only as they can give to each other their whole and undivided affections, when they can become—

> "Two souls with but a single thought,
> Two hearts that beat as one."

But for the mass of men and women wise marriage is their right condition. "Marriage is honourable in all," and best and most natural for most. "Whoso findeth a wife (or a husband) findeth a good thing, and obtaineth favour of the Lord."

As I have said, the first step towards courtship and marriage is making a selection. The young man must conclude what and who his beloved one shall be, and the young woman whom she will accept. In ancient times (as in India and China even yet) this was largely, and often altogether, done *for* the young people by their parents—young persons frequently being married to brides or bridegrooms they had never even seen before, or to whom they had been affianced before they were born. A much more reasonable and just arrangement prevails with us now. As a rule those who have to take the principal consequences of the choice are themselves allowed to make it; those who are to lie upon the bed are allowed to make it. Apart from advising and cautioning, I think this the most equitable arrangement, and the one most likely to bring satisfactory results. But what a serious and sacred act this of choosing or accepting a partner for life is! There is hardly another act of life involving such tremendous consequences, not only to the young man and young woman, and their connections, but even to the very State itself. For more than we are apt to think, the very well-being and future of a country is largely involved in the right persons coming together in marriage, and the children they produce. Yet how carelessly—how criminally—such selection is frequently, if not mostly, made! Marriage is a step once taken it can never be re-taken. It is—ominous words!—*for life*. And the true marriage takes place, in nearly every case, long before any religious ceremony or State contract is performed; it takes place when the two give each other their hearts. For after this an honourable man or woman will no more think of separating than after they have gone through the formal public ceremony. But this only shows how deeply cautious each should be in entering upon such a sacred and serious engagement. Otherwise, one may do the other an injustice which can never be rectified. A man who robbed a woman of a ring or jewel would be punished with imprisonment (formerly he would have been hung), but a far greater criminal is that man who by false arts and insinuations robs another of that which is of more importance than all the wealth in the world—her affections—her very self. And if this is so heinous in a man it is equally

so in a woman. Let each, then, beware how he or she enters upon this most sacred relationship. Instead of being suitors and receiving suitors for the mere purpose of finding out whether or not some young woman or young man will suit you, do all you can to find this out even before you propose or accept. For, remember, your fellow-creatures of the opposite sex are not like garments to try on, wear a little, and then cast aside for some other you like better. It is thus that characters—especially of females—are often thoughtlessly spoiled. And as a general rule I think no proposal ought to be made or accepted until both parties have so made up their minds about each other that they would (if need be) be willing to marry almost immediately after. For all must see that it is best when the right couple get together in the first instance—when each has only one sweetheart; but we can never hope to attain to this desirable and happy state of things until more care and caution are manifested before proposals and acceptances are made or given.

I will conclude this "Home Relationship" next week.

HOMELY HINTS FOR THE HOUSEHOLD.

By the Rev. Frederic Wagstaff, F.R.H.S.,
Editor of the "Lay Preacher."

III.—A Few Words on Furnishing.

As with the home, so with the furniture, it is first of all for the family. Hence, the primary requisites should be *comfort* and *durability*. To secure these it is necessary that, however many rooms we have in the house, we do not fall into the error of sacrificing the drawing-room to the reception of visitors, to the utter exclusion of the family, who by this practice are robbed of the best room, and driven to use the dining-room for all purposes. A "company" drawing-room ought never to exist, except in mansions where there are too many rooms for the ordinary use of the household.

It is a wise plan when a young couple commence furnishing that they should content themselves with the mere necessaries, until they have acquired the knowledge of what they want, and discovered the best means of procuring it. It is by no means a good policy to hire a house and purchase furniture for all its rooms at once, with the idea of having everything ready for use at once all through. Let us suppose that two people are about to take a house, which, at first, will be occupied only by themselves and a servant, and that such a house contains a dining-room, a drawing-room, a kitchen, and four bed-rooms. For such an undertaking we should recommend the following plan, premising that the *principle* laid down is capable of being applied to larger or smaller dwellings, according to circumstances:—

All that need be done before taking possession of the house is to furnish simply the servant's bed-room and one other up-stairs—which should not be the best—the kitchen and the dining-room. Even these need not be completely furnished, care being taken to procure sufficient things for each, to enable the occupants to "manage" for a few days. Let the table and chairs for the dining-room be good and strong, to secure which a visit to a respectable broker's shop is preferable to an order to an upholsterer for new furniture. As soon as housekeeping commences the deficiencies of the establishment will be felt. Articles for use in the kitchen and elsewhere will be wanted. Let them be procured as they are required; and the size, style, shape, &c., being determined by practical experience, the little extra labour involved in repeated visits to shops will be more than compensated for by the results. Any other plan will almost certainly entail the possession of articles that are of little use, while the system of buying what experience proves to be wanted will avoid unnecessary outlay. We have said that the bed-room to be first furnished should not be the best. Let *that* be left till afterwards, and by watching a suitable opportunity, a complete *suite* of furniture for the best room can be purchased for about half what would have to be spent if ordered at first. To housekeepers we should say, don't buy feather beds. Be content—at any rate at first—with palliasses and wool mattresses. If you desire feather beds, *make them*. We have recently had some practical experience in this matter of furnishing, and are recommending others to do what we have done ourselves. Procuring the requisite quantity of material two members of our family speedily made cases for two beds, with the proper proportion of bolsters and pillows. Feathers were procured from the country, and after reckoning up the entire outlay, including carriage of feathers, &c., the total cost of the two beds, &c., was found to be only £5, considerably less than had been given by an acquaintance some time before for *one*.

When our young friends have got fairly settled down in their new home, and when kitchen and parlour are comfortably fitted, it will be time enough to look about for the furniture needed for the drawing-room and the other bed-rooms. Let these rules guide their choice: Everything should be *good*, for the best is the cheapest in the end. Everything should be *plain and neat*, since unnecessary ornamentation means increased cost and additional trouble to keep clean afterwards, without any corresponding advantage. While each room should be sufficiently furnished, *too many things* in a room are a source of inconvenience, and detract from its appearance. Of pictures and ornaments we shall speak in a separate article.

It is highly important to remember the *rule of proportion* in purchasing furniture. It is useless to buy a large dining-table for a small room. A huge sideboard may be very convenient in itself, but if it occupies so much space that no one can pass between it and the table, or between it and a chair placed at the table, then the sideboard had better be anywhere than in your dining-room.

Nothing beats the old-fashioned hair-seat mahogany chairs. It does not follow that they should be ugly in shape or inconvenient in the back and seat. With care, they will last almost a lifetime, and with a little pains in cleaning they always look well. Easy chairs are pleasant, and a good deal of comfort can be got out of a strong, well-made rocking-chair, for which cushions may be made by any housewife who is ready with her needle, and possesses taste.

Carpets, which should always be of small, neat patterns, and have no staring colours in them, are best when they leave a margin of say a foot or more all round the room. The boards may be stained, and will look exceedingly well, while the room is thus very much more easily cleaned.

TEMPERANCE.

"Make temperance thy companion, so shall health sit upon thy brow."—*Dodsley.*

In approaching the subject of temperance, which is indeed a far pleasanter one than its opposite—intemperance—on which I lately offered a few remarks, I must now revert to the question I then put, "Can a woman help in this work?" which is that of moderating the intolerable evils arising from intemperance.

If women, in their several stations as wives, mothers, daughters, and sisters, would all use their influence, I know that great results would arise. Some of my own sex will say: "We are absolutely powerless to stem this great evil. What can *we* do?" To this I reply, your example will exercise great influence on those around you. Be sober—that is, be *temperate* in all things yourselves. While on this subject I will explain that I am not an advocate for total abstinence; the good things appointed by Providence* for the use of mortals may certainly be used and enjoyed by all who can partake of them in moderation, but when that is found to be impossible, which is sometimes the case, then taking the pledge may rescue many—be they men or women—from the downward path to destruction.

Having stated that I am no advocate for total abstinence (only in exceptional cases), I must now give my own experience as to the great benefits that accrue to those who are only water-drinkers. Among these I can number those who remain in the enjoyment of perfect health for a lengthened period, I may say for the greater part of their lives, who retain their faculties into extreme old age, and who attain to a longevity rarely, if ever, reached by the intemperate. But health and long life are not the only motives which have induced many of both sexes to adopt the habit of temperance and to become water-drinkers.

Actuated by sentiments nobler and more sublime, these young persons have gladly practised this act of self-abnegation, in some cases that every hindrance may be cast aside in running the race set before them; in others, fired by ambition, young men have wisely foreseen that to attain the goal, to stand upon the pinnacle, on which their hearts are set, they must cast aside every weight, and the habit that most easily might beset them. Some, again, among the young—in the humbler walks of life, and living with parents in reduced circumstances—determine to deny themselves any indulgence which might complicate family difficulties. The motives of these several classes may well claim our respect, and who can say that the unselfish practice which will form the habit of their future life will not be returned in tenfold blessings on their future career?

It is not possible to contemplate the several cases I have described without feeling how beneficial the example thus set may have been on many others. It is true that temperate habits are often treated with open derision, or, what is even worse to sensitive minds, by a silent contempt the countenance never fails to express. To the young, doubtless, these are trials, but to those who are sound in their integrity the barbed shaft and the unspoken sneer fail to shake their purpose, for they have counted the cost, and will continue in it to the end. But all are not scoffers who mix with the temperate, and who can say how many are moved by their example—how many depart with the heartfelt aspiration, "Cannot I go and do likewise?"

I have spoken almost exclusively of the young, whose dependent position prevents their having much influence, except that of practising good habits, and thus setting a good example. But I now come to those who are in authority, as the head of a household, and the mother of a family. To the latter I would say, train your children in the love and the practice of temperance. I know families where children from their infancy are brought up to consider wine a daily necessity, and I am old enough to know the extremely pernicious effect this habit has on those children when they arrive at mature years. For the comfort of every family I would say, keep the standard of temperance as high as you can. I know it is impossible for any one who has been the head of an establishment for many years not to have suffered grievously from the intemperance of some of their dependants, and grave difficulties present themselves as to any remedy or cure for this state of things, and more particularly in large households in country residences; in such the number of persons coming and going, and the rites of hospitality to those who come from a distance, make it almost impossible to regulate matters so that the line of moderation and temperance shall always be preserved.

In smaller and more compact households the difficulty is much lessened, especially if the domestics are put on an allowance of money instead of beer, and this in most cases is what they greatly prefer. Some years ago the rector of the parish in which I lived told me that when he first began his career there was nothing but discomfort and a constant change of servants in his household, till at last it occurred to him to put them on an allowance of money instead of beer; "and that," he said, "is twenty years ago, and we have never since parted with a servant, and peace and order have since reigned in our home." I am certain that many a mistress of a family would gladly obtain a quiet and regular household on such easy terms, and I earnestly recommend them to try the experiment.

I do not like to quit this subject without appealing to the wives of poor men, artisans, labourers, &c., and who, alas! instead of setting the example of temperance, and thus stemming the tide which will assuredly drift them and their children into a state of certain ruin, fall into like habits with their husbands, pawn their goods to gratify their thirst for spirits, neglect and starve their children, and in the downward path, which is of such rapid descent, get into drunken brawls, and are next heard of in the police-court.

Brawls in the street and crimes are near akin, and those who ought to have a peaceful and happy home often find themselves within the walls of a prison, expiating offences committed when under the influence of ardent spirits, and of which it is possible the recollection is not even retained. I cannot help saying to such, retrace your steps before it is too late, and whatever trials may beset your path from the intemperance of those with whom you live, endeavour by your example, by your patience and gentleness, to win your husbands back from bad habits to temperance and sobriety, the only sure path to goodness and happiness in this world, and the path which at last issues in eternal life.

VÉRITÉ

* The articles by F. R. L., in our two preceding Nos., upon "What is the Meaning of Brewing?" may be consulted with advantage on this point.—Ed.

THE CHILDREN.

[This poem was found in the desk of Charles Dickens after his death.]

When the lessons and tasks are all ended,
And the school for the day is dismissed,
And the little ones gather around me
To bid me "Good night" and be kissed,
Oh, the little white arms that encircle
My neck in a tender embrace!
Oh, the smiles that are halos of heaven
Shedding sunshine and love on my face!

And when they are gone I sit dreaming
Of my childhood, too lovely to last;
Of love that my heart will remember
When it wakes to the pulse of the past—
Ere the world and its wickedness made me
A partner of sorrow and sin—
When the glory of God was about me,
And the glory of gladness within.

Oh, my heart grows weak as a woman's,
And the fountain of feelings will flow,
When I think of the paths steep and stony
Where the feet of the dear ones must go;
Of the mountains of sin hanging o'er them,
Of the tempests of fate blowing wild;
Oh, there's nothing on earth half so holy
As the innocent heart of a child!

They are idols of hearts and of households,
They are angels of God in disguise—
His sunlight still sleeps in their tresses,
His glory still beams in their eyes;
Oh, those truants from earth and from heaven,
They have made me more manly and mild,
And I know now how Jesus could liken
The Kingdom of God to a child.

Seek not a life for the dear ones
All radiant as others have done,
But that life may have just as much shadow
To temper the glare of the sun;
I would pray God to guard them from evil,
But my prayer would bound back to myself;
Ah! a seraph may pray for a sinner,
But a sinner must pray for himself.

The twig is so easily bended,
I have banished the rule and the rod;
I have taught them the goodness of knowledge,
They have taught me the goodness of God.
My heart is a dungeon of darkness,
Where I shut them from breaking a rule,
My frown is sufficient correction,
My love is the law of the school.

I shall leave the old house in the autumn,
To traverse its threshold no more;
Ah! how I shall sigh for the dear ones
That meet me each morn at the door!
I shall miss the "Good nights" and the kisses,
And the gush of their innocent glee,
The group on the green, and the flowers
That are brought every morning to me.

I shall miss them at morn and at eve,
Their song in the school and the street;
I shall miss the low hum of their voices,
And the tramp of their delicate feet.
When the lessons and tasks are all ended,
And Death says the school is dismissed,
May the little ones gather around me,
And bid me "Good night" and be kissed!

QUERCUS, Corbridge.

MR. SAMUEL SMILES, the author of "Self-Help" and other books pointing out the way to succeed by means of thrift and hard work, has just been honoured by the King of Italy, who has conferred upon him the rank of Chevalier of Saints Maurice and Lazarus, "as a token of his Majesty's appreciation of your very valuable works," and the insignia of the Order have been forwarded to Mr. Smiles, along with a complimentary letter from Count Visone, Minister of the Household.

THE HABITUAL DRUNKARDS ACT.

MR. STEPHEN S. ALFORD, F.R.C.S., read a paper on Monday evening before the members of the National Association for the Promotion of Social Science, at the Institute, Adam Street, Adelphi, on "The Habitual Drunkards Act of 1879: the Class of Persons for whom it is Intended, and how it may be Administered; with an Account of a Recent Visit to the American Inebriate Homes." The Earl of Shaftesbury, who was to have taken the chair, wrote to say that serious illness prevented him from attending the meeting, and in his lordship's absence Dr. Alfred Carpenter presided. Letters of apology were also read from Lord Aberdare, the Archbishop of York, &c.

Mr. Alford, having given a brief history of the movement for promoting legislation for the cure of habitual drunkards, said the class intended to be benefited were persons of a susceptible nervous temperament, easily overcome by stimulants, whose nerve-power was soon used up, and who, working under pressure, became exhausted, and acquired an irresistible drink-craving, from which, unaided, they could not extricate themselves. Gross, vicious drinkers were not the class that could be often permanently benefited by the Act. None could come under its provisions except by their own voluntary act, declared and attested before two justices of the peace, and no one could be detained more than twelve months in an inebriate retreat, but during the time of their detention the inmates must submit to the rules of the house. Provision was made for registration and regular inspection, and all retreats had to be specially licensed. Mr. Alford said he had visited six inebriate homes in America, one in Canada, and five in the United States, and charters had been obtained for fourteen more. Most of the local governments of Canada and the United States had laws recognising and authorising the control of inebriates. The one inebriate home in Canada was near Quebec, but being associated with a lunatic asylum, its success was interfered with. At Chicago Mr. Alford resided for three days in an inebriate home, containing seventy-seven patients, with whom he conversed. Many had been sent into the home, having no hope of recovery, but from the kind influence exerted they had been restored to society. He had seen several sent in by justices who had been restored for some years. At St. Louis, a sanatorium had been very successful, especially with opium cases, which abounded in America. The Fort Hamilton Inebriate Home, at Brooklyn, New York, contained 116 patients, and was subsidised with 15 per cent. on saloon licenses by the State. Fully 35 per cent. of the patients recovered and returned to society. In all the inebriate institutions religious influence was brought to bear, but attendance at the services was voluntary. Mr. Alford said several such institutions existed in this country for females, but their usefulness had been limited by want of proper power of control. A society was being formed to establish a Dalrymple Retreat for the treatment of inebriates, and he hoped the public would come forward and enable them to put the Habitual Drunkards Act into operation, and thus take a practical step to suppress the evil of intemperance.

The Chairman said while the Act was not compulsory it remained a dead letter, and until it was altered they must do what they could to obtain a private retreat under the provisions of the Act.

Mr. Holthouse said while inebriates had to appear before two justices and undergo public exposure before they could obtain admission to that retreat, their efforts would be unsuccessful. He moved the following resolution: "That to establish a home for the treatment of habitual drunkards, in which it is proposed that the managing committee shall have no pecuniary interest, appears to be the best way by means of which the Habitual Drunkards Act of 1879 is likely to be made useful. This meeting, therefore, recommends the society by whose means the Act was obtained to proceed with the course which they are proposed to undertake, and that the term 'Dalrymple Retreat' appears to be an appropriate name for the same."

Dr. Hardwicke seconded the resolution, which was supported by Mr. Saunders, Dr. Norman Kerr, the Rev. W. Potter (secretary of the Church of England Temperance Society), and others, who bore testimony to the importance of establishing a retreat for inebriates. The resolution having been adopted, a vote of thanks to the Chairman closed the proceedings.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: FEBRUARY 7th, 1880.

OUR HOUSES.

HOUSE accommodation is one of the three prime necessities of existence; and yet we have done very little towards its improvement, as compared with what might have been accomplished by the application of recognised principles of constitutive and sanitary science. The habitation being such an indispensable want, owners of house property, especially in large centres of population, have no trouble in getting any structure in the form of a house tenanted. This being so, and land tenure operating against anything like a free competition in the production of houses, landlords have scarcely any inducements to adapt and improve existing dwellings, even where this is practicable. For why should they lay out further capital upon the improvement of their property when it lets readily enough as it is?

If landlords are not particular, tenants, as a rule, cannot afford to be scrupulous. They often are but too ready to take any vacant house or apartments, in many cases, without examination or inspection even; the first that comes under their notice is taken, simply because it is the first. The competition to become occupiers of small and medium class houses in London and other cities is too keen to give the tenant much range of choice. Both the proprietor and occupier know that if the latter stipulates for any little alteration or improvement the chances are a dozen persons are ready to take the house as it stands, and existing evils and defects remain unremoved and unremedied.

New house property is but too often built in such a slovenly way that the advantages of modern sanitary arrangements introduced into it are more than counterbalanced by scamping work and wretched materials. And this will continue to be the case so long as the "development" of new estates is in the hands of speculating lawyers and builders, who are solely bent upon screwing as much as possible out of their prospective victims, the coming leaseholders. But why the term "development" should be applied to covering land with "shells" of houses, as dangerous to life as "coffin" ships are, we cannot understand. Viewed critically the process is anything but one of development.

Nor have the schemes under which working men were to build houses for themselves, suited to their requirements, and which were to become their own property in a given time, by a periodical payment in lieu of rent, produced very satisfactory results. Associations with high-sounding names and influential management do not always work with an eye to the production of a sound habitation, a dwelling the occupants of which might have a chance of good health and domestic comfort. We know something of several of these undertakings. Houses have been produced, it is true, but the bad workmanship and questionable materials employed *must* entail great cost on future shareholders. In one notable instance, that of a company specially designed to enable every occupant to become his own landlord, although land has been bought in large plots at low prices, plenty of capital has been forthcoming to "develop" the property, thousands of houses have been built to one pattern, each occupying as little space as possible, yet the cost of building these houses is represented as being so high that the association can now only offer to sell at prices so absolutely ridiculous that they are a complete drug in the market, so far as sales are concerned.

These experiments, costly as they may be, and in some instances must be, to shareholders, will be valuable by-and-by when the house problem comes to be solved. The mistakes, weaknesses, and failures of such attempts will serve as beacons to warn from similar imperfections of management in future undertakings, and teach the people that it is useless for them to devise the most perfect schemes unless they keep firmly within their own grasp the management and control of the same. The working classes ought, at any rate, to have learned this lesson, that by combination and good managemant it is possible for them to acquire the ownership of houses, but that if this is to be done on a scale and at a cost to be to their advantage, they must do in their building companies what they have done in their trade societies—retain in their own hands, in the hands of their own class, the management of such associations.

One's own—what a charm there is in the words! How long it takes boy and man to find out their worth! how fast most of us hold on to them! faster and more jealously the nearer we are to the general home, into which we can take nothing, but must go naked as we came into the world. When shall we learn that he who multiplieth possessions multiplieth troubles, and that the one single use of things which we call our own is that they may be his who hath need of them?—"*Tom Brown's School Days.*"

A man is thirty years old before he has any settled thoughts of his fortune: it is not completed before fifty: he falls a-building in his old age, and dies by the time his house is in a condition to be painted and glazed. —*Bruyère.*

CURRENT OPINIONS AND EVENTS.

LAST week the third annual meeting of the Birmingham Coffee-house Company, Limited, was held. According to the report, five new houses had been opened within the year. A dividend of 10 per cent. was declared.

An epidemic of scarlet fever has broken out in Dr. Barnardo's Cottage-homes at Mossford, Essex; and, in consequence, the doctor is declining invitations to attend public meetings. The sanitary arrangements of these homes should be seen to.

On Saturday afternoon last, Dr. Poore, hon. sec. to the Parkes Museum of Hygiene, lectured at that institution to a numerous audience upon "Food." These Saturday free lectures deserve to be well attended. Particulars may be obtained on application to the Curator of the Museum, London University.

In a lecture on "Female Intemperance" at the Old Cavendish Street Rooms, on Saturday last, Dr. Norman Kerr expressed the opinion that to effect a cure he insisted that total abstinence was a *sine quâ non*. No alcoholic liquor must be given to the female drunkard, even as a medicine, and she must not be allowed to approach a communion table where any fermented or other intoxicating wine was used. To restore the debilitated state of the brain and nervous centres it was desirable to employ gentian or other tonics, Parish's Chemical Food, iron with calumba, or such agreeable sparkling brain and nerve tonics as the new popular beverage—zoedone. To allay the drink-crave it might be useful to order capsicum, ginger, or other aromatics in hot water, bromides of potassium and ammonium, ipecacuanha in emetic doses, sips of iced or warm water, or fruit. For the building up anew of the whole system, bodily as well as mental, light and nourishing food was needed. Lentil and other soups were of great service, as also were hot drinks of milk, cocoa, tea, Liebig's Extract of Meat, with fish, fowl, meat, and maltine, or other malt extract. With all these, bathing, exercise, and cheerful society were indispensable.

On Saturday evening last, the Right Hon. James Stansfeld, M.P., presided at a lecture on "Education," delivered at the College for Men and Women, Great Ormond Street. Respecting the expenditure on education the right hon. gentleman said:—

"There was no public expenditure of money by the State or by a locality which could compare in profit with the outlay of whatever amount might be necessary in order to secure the very best possible education which the children of this country, in the school years from four to thirteen, were capable of receiving. That expenditure was not only advisable, but it had now become urgently necessary. We were distinctly behind, although making way, the educational power of countries which were our rivals in commerce. We had been in former years protected against foreign rivals by dint of natural advantages we were about to lose, and he agreed with the lecturer that it was of absolute and essential importance, not only in a general sense, to the educational progress of the country, but to its vital, industrial, and trading interests that we should not shirk the question of educational reform."

The same evening Mr. Forster addressed a meeting at Bradford upon "Thrift and Trades Unions." He was of opinion that better times were coming, but they must not be too sanguine, and not forget that the only thing that would bring it was hard work, both of men and masters. He was not blaming the men more than the masters. He thought that the masters were wasting both time and money, and that better times would come, not only through working as hard as they could, but by bringing as much common sense as they could to bear upon the trade. He could not help trusting that the experience of these bad times, especially of the trading classes, had taught all classes some lessons of thrift. He was in good hopes that the Chancellor of the Exchequer would never get back—at least, he was in hopes he would never get back—the money he had lost in the Excise and Customs upon spirits.

A coffee tavern was recently opened at Hunslet, near Leeds, by the Right Hon. H. C. E. Childers, M.P., who, in speaking of coffee and cocoa as beverages, said: "When in the Admiralty he took a great interest in this matter, and wrote to MM. Menier, noted chocolate makers, asking for a prescription which would provide a beverage at once nutritious and palatable. A prescription was given and adopted, and he was glad to say that the consumption of spirits in the navy had considerably fallen off, whilst the consumption of cocoa had considerably increased."

Addressing his constituents at West Brompton on Monday evening last, Sir Charles Dilke gave the Water Supply question a prominent place in the work of the present session. He said:—

"Mr. Cross would deal with the Metropolitan water supply, a success which would be due to the labours, some years since, of Mr. Beal, and more recently of Cardinal Manning, whose views in favour of unity of administration had been represented by Mr. Fawcett and himself in the motion they had brought forward in August last, and which Mr. Cross had accepted."

The Walsall railway officials must have very hazy notions of the rights of their non-smoking second-class passengers. The Rev. F. Wagstaff, in a letter in last Tuesday's *Daily Chronicle* upon the prevalent practice of smoking in other than smoking carriages, recounts his experience at Walsall as follows:—

"Some short time since, at Walsall Station, I was looking for a non-smoking compartment in a second-class carriage, but there was not one in the train. I called the attention of the official who was about to start the train to the fact. He insolently replied that I might get into a third-class carriage if I didn't like to travel in a smoking second. To this of course I demurred; upon which, with renewed insolence, he slammed the doors, bade me stay where I was, and started the train without me. Complaints to the station-master, and afterwards to the superintendent of the district, met with no notice whatever. The best way to deal with the evil complained of is for non-smokers to band themselves together, and insist on their rights."

CRUSTY ADVICE TO WHITE FOLKS ON BROWN BREAD.

By a Black Man.

I NEBBER could understandify why I always get out ob temper over dis white bread question, but I do. When I tink how de people ar 'frauded in dis matter, someting seems to burn up widin me wid all de furnace-power ob a ton o' coals. It makes me wonder what I'm made of. When dis poor old nig wasn't much bigger dan a good-size nob o' coal, some one taught him dat man was made ob dust. Since den I've found out dere are a great many kinds ob dust, and darefore a great many kinds ob men; and I hab come to de 'clusion de kind dat I'm made ob must be coal dust, and dats why I get so red-hot sometimes, in fact always, when I see folks being cheated.

"Half a loaf is better dan none," as de proverb-mongers say. Guess dey mean half a quartern loaf. Of course it is, but half a quart of half-and-half, according to de tippler, is better still.

Seems to me dat most people hab only half a loaf, when nature meant dem to hab a whole one. Dey hab de white half, dat is nearly all starch, and all de other part is given to de rabbits and pigs. De good ole Book says, "Look not on de wine when it is red;" and I wish it said, "Look not on de bread when it is white," for de Englishman is worse than cheated when he eats bread de same colour as himself. Say dat darkness am light, disease am health, write a big book to prove dat happiness and pain are both de same, but for goodness' sake, for breakfast's sake, for dinner's sake, for de sake ob ebbery meal in de day, don't call a white loaf de "staff of life," because it's a fib dat can nebber come true.

My heart is full of sorrowment when I see a poor woman go into a shop and put down good money for bad bread. I often meet dem in de morning wid a half-quartern fib peeping out from under dair shawls, believing, poor tings, dat dey are taking home to dair little ones a two-pound chip off de "staff of life." It's nothing ob de kind. If bread had always been white, it would nebber hab been called a staff, but a broken stick.

Dare are thirteen minerals in de human body, and dey are all packed away in dat lovely little loaf called a grain ob wheat. Dey are all in dat same little loaf, for good old Mother Nature hid dem dere wid her own kind hands. Den let no one in future steal anyting from dis odd little bread-basket, which our Father has so richly stored wid physical blessings.

"Give us dis day our daily bread," is a prayer dat loving Father God and good old Mother Nature are always answering. Go into de cornfield, pick an ear, rub it in your hands, and out will roll into your palm a dozen lovely little golden loaves, all baked by de sun; and de learned men say dat each one contains all dat is wanted to feed de body. Den how dare we to throw any ob it aside? What an insult to "our Father," to 'tell Him, by our refusal ob de staff of life *perfect*, as He sends it, that we know better dan He who made us, and dat His great gift is better for us after certain parts hab been taken away dan it would be if we ate it all. Dis goes against de *grain* awfully. Don't go to de "Harvest Festival," and thank God for His bounty and goodness, if you mean to go home and eat white bread directly after, because dat am insulting God and your own health too. If you hab yet to learn how to use His gifts to your own good and His glory, go and learn to be wiser at once.

It costs de farmer many pounds for manures of different kinds dat de wheat may be perfect; and after money, hard work, and nature hab done all dair work in de most perfect manner, de miller takes dis beautiful golden grain all to pieces, unpacks all the marvellous 'gredients wid which it am stored, and actually has de wickedness to take some ob it away and throw it to de pigs and rabbits, and other poor relations, when nature sent it all for us. Some one ought to put dat miller into another shop. Dere is one kept by Government, where dey got a mill worked by de feet—dat's where he ought to go, for we can't 'ford to be treated in dis way. Nature sends us all, and he only gives us half. Dis game ob opening other people's letters, taking out all de stamps, and giving 'em back de white paper, ain't right nohow. In some tings it don't matter if we're cheated or not. Your hand will be just as good and useful for all honest work if dat ring on your finger is after all only worth fourpence, though you paid twenty pounds for it. De smallest act of kindness dat hand may bestow on de poor God will bless, even if dere is no ring dare at all.

Dare! I've said what I tink of such wilful unwiseness, and I'm willin' to lend my pen to any one who'll use it on de same topic. Let us follow up de subject, right to de bery door ob ebbery baker in de land. Come, gentleman ob de Press, whose turn is it? Don't let dis poor untutorvated ole nigger hab de ink-bottle all to himself over dis vital question. I shall be roun' dis way agin next year, and if I find de matter hab been allowed to drop, I shall out wid my pen and pick it up again. —*Evans' Annual.*

NEW BOOKS AND PUBLICATIONS.

Climate and Health in South Africa. By James Bonwick, F.R.G.S. London: S. W. Silver and Co.; *Colonies and India* Office, Sun Court, Cornhill.

Mr. Bonwick may be very properly regarded as an authority upon Colonial questions. His little work before us is well calculated to bring hope to the desponding man, who, with failing health and gloomy prospects, hardly dares to face the future in the old land. Mr. Bonwick shows that residents in the better parts of Australia enjoy a higher state of health and longer life than those residing in England, and that these "special advantages are to be experienced in the Cape Colonies." Interesting information upon the influence of the climate of South Africa upon consumption is afforded, and a mass of testimony is presented to show how this "fell destroyer" yields to the climatic conditions of the Cape. Among the opinions quoted is that of Bishop Colenso, who says: "For many families in which consumption may be dreaded, or may be actually disclosed, in some one or other of its members, a speedy removal to Natal would, I believe, be a most beneficial measure. I have had brought directly before me, and can vouch for them, more than one instance of complete restoration, by such a step, from attacks of this malady, which in England would soon have proved fatal." We may add that Mr. Bonwick's very valuable little handbook is published at the low price of one shilling.

The Little Captain: A Temperance Tale. By Linde Palmer. London: National Temperance Publication Depôt, 337, Strand.

This highly popular Temperance story, which has appeared in several editions in England, is now presented by the National Temperance League in a very attractive garb.

SKETCHES AND RECOLLECTIONS. By Mrs. Newman Hall. London : Co-operative Publishing Company, 14, Catherine Street.

Mrs. Hall's sketches will doubtless attract considerable attention. In the preface she says : "Among the memorials of happier days the writer found the following sketches—written at a time when she little suspected that her innermost life and feelings would be rudely exposed to vulgar inspection. To the decision of the Court (in the justice of which no one believes less than Mr. Newman Hall) she is compelled to submit, having no adequate means to secure a re-hearing of the charges. Many of the writer's friends have advised that the production of these pages will serve to show what was the current of her thoughts and feelings during that period of her life which has been so cruelly misrepresented, and will indicate, to a certain extent, what her tastes and habits really are." The first "sketch" on HUNTING ETHICS, is an enthusiastic defence of the field, and the little volume, considering the circumstances of its publication, will, without doubt, receive a wide circulation.

HOT AIR *versus* HOT WATER BATHS FOR THE WORKING CLASSES. By Richard Metcalfe. London : National Temperance League, 337, Strand.

Mr. Metcalfe is an enthusiast in his advocacy of the Turkish Bath. This pamphlet is a letter addressed to "The Commissioners of Baths and Wash-houses," who are urged to add to the existing establishments a modification of the Turkish Bath. Mr. Metcalfe directs the attention of the Commissioners to his larger work, "Sanitas," in which the Turkish Bath is discussed from a financial as well as from a sanitary point of view. "Sanitas" is a good book under an unfortunate title, and it has scarcely met with the reception its merits deserve. But its author may console himself with the knowledge that efforts to effect real reforms are generally treated with indifference.

THE ANGLO-ISRAEL ALMANACK, 1880; METROPOLITAN (CENTRAL) ANGLO-ISRAEL ASSOCIATION, FIRST ANNUAL REPORT; THE BANNER OF ISRAEL.

These publications of the Anglo-Israel Association fail to impress us that any practical result may be expected from the labours of the Association. Supposing it is made clear that we have "Abraham to our Father," what the better shall we be for the demonstration? We did not expect to find the Association dabbling in party politics, but it is evident that questions as to our identity with the "lost tribes" may be put to candidates for Parliament. The *Banner* calls Mr. Gladstone "a blind witness" to the truth, concluding an attack upon him as follows :—

"Verily the Right Hon. W. E. Gladstone is our best witness that we are Israel! for he proves we have (1) almost universal dominion; (2) are God's battle-axe; (3) are pushing to occupy the whole globe; (4) like the stone of Daniel are few in number, but holding a superb heathen empire and a glorious colonial empire too; besides being (5) mistress of the seas, and (6) of the commerce *that* brings with it. We thank God for Mr. Gladstone's speech, though evidently he would say of Israel's 'Dominion' as Canute said of the waves. 'Thus far, but no further.' The result will be the same, however."

If we belonged to the Association, we should certainly protest against this kind of thing.

RECEIVED.

The Sunday Review. — *National Temperance Hymnal* (good and cheap). — *The Kentish Templar.* — *The Temperance Journal.* — *Social Notes.*—*The Insurance Agents' Review.*—*The Sentinel.*—*The Vaccination Inquirer.*—*The St. Mary's College Miscellany*, Dec. and Jan. We have noticed previous numbers of this interesting educational monthly; the number before us fully sustains its reputation. — *The Phrenological Magazine, No. 1.*

Whatever is done without ostentation, and without the people being witnesses of it, is, in my opinion, most praiseworthy : not that the public eye should be entirely avoided, for good actions deserve to be placed in the light; but notwithstanding this, the greatest theatre for virtue is conscience. —*Cicero.*

LORD ABERDARE AT THE BIRKBECK INSTITUTION.

ON Tuesday evening last Lord Aberdare, in presiding at the fifty-sixth anniversary of this Institution, said :—

"That the work at the Institution had not been superficial was shown by the high ability of the instructors with which it was supplied; and the names of the examiners afforded the highest guarantee that the work done had been thorough. Referring to the progress education had made since the year 1815, at the close of the great wars, he said that, as far as this country was concerned, he did not scruple to say that the efforts made since that time to improve the education of the people were not only far in excess of what had been done in any similar limit of time previously, but had, probably, been greater than what had been done up to that time. He confined himself in this remark to England and Wales, for it did not apply to Scotland. As to the progress made, he pointed out that sixty-five years, or even thirty-five years ago, there was no national system of elementary education. The work of elementary education was done at haphazard, and a discharged butler or a one-legged sailor was the village schoolmaster. But at the present time there were in England and Wales 16,000 schools for boys, girls, and infants of whom the names of three and a half millions were upon the registers, and 2,700,000 was the ave rage daily attendance. With respect to intermediate education sixty-five years ago there were, it was true, a certain number of famous high public schools, such as Eton, Harrow, and Rugby. But since the period he had mentioned not only had such schools largely increased in numbers, and introduced important improvements in the standard of education, but many of the old endowments had been utilised, and schools like Uppingham might fairly claim to be put side by side with the old establishments. But not only had the old endowments been furbished up in this manner, but new schools of the highest reputation had sprung up within the last twenty years, such as those of Marlborough, Cheltenham, Clifton. A new form of school—the county school—had arisen; and there were in the east the Norfolk and Suffolk schools, Devon in the west, and Nottingham and Bedford in the Midlands. The Universities of Oxford and Cambridge had given great impetus to higher and even intermediate education. There had been a new creation of institutions for advanced education; and he mentioned University and King's Colleges in London, and Owens College, and those of Leeds, of Newcastle, of Nottingham, and of Durham, in the provinces. He wished to call their attention to the enormous importance of the development of scientific and literary institutions. This country, measuring some 120,000 square miles, was mistress of regions extending over some nine millions of square miles; this country, with its population of some 35 millions, ruled over nearly 300 million inhabitants of the globe, of whom only eight millions were self-governed. The rest were under the direct rule of this country. He asked his hearers to reflect on the enormous responsibility this country had undertaken. England was like 'the weary Titan,' who went

> "Staggering on to the goal,
> Bearing on shoulders immense
> Atlantean the load,
> Well-nigh not to be borne,
> Of the too vast orb of her fate."

INFECTED MILK.—A report has been issued by the Local Government Board on a sudden outbreak of scarlet fever at Fallowfield, near Manchester. The outbreak included 35 persons, belonging to 18 families, and of the individuals who suffered, not less than 24 were attacked within 36 hours, between Sunday morning, August 3, and Monday evening, August 4. Dr. Airy was directed by the Local Government Board to investigate this outbreak, and the results of his investigation are given in the report alluded to. The outbreak was quite local, and the different details elicited tended to the general result that the infection had been distributed to the families through the agency of a particular milk supply. The facts bearing on this point do not well admit of any other interpretation. The question of the mode in which the milk could have become infected was not so fully cleared up, but it is shown that one of the milkers on the dairy farm lodged in a farmhouse where scarlet fever was present at the time when the milk presumably became infected, and it is suggested that the infection was communicated to the milk, in some way undetermined, but not inconceiveable, through his agency. The report throughout is of very considerable interest, and forms an important contribution to our knowledge of the mechanism, if we may so write, of certain of the observed phenomena marking the process of infectious diseases.—*Lancet.*

NEWCASTLE INDUSTRIAL DWELLINGS.—On Saturday last one of the best entertainments which has been held since the commencement of the series took place in the comfortable concert room attached to this large and excellent block of working men's dwellings. Mr. G. C. Stewart presided, and there was a numerous audience.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.
Tennyson.

Many good qualities are not sufficient to balance a single want—the want of money.—*Zimmerman.*

It is common for man to err, but it is only a fool that perseveres in his error; a wise man, therefore, alters his opinion, a fool never.—*Latin Proverb.*

A man that should call everything by its right name would hardly pass through the streets without being knocked down as a common enemy.—*Halifax.*

Truth will be uppermost, some time or other, like cork, though kept down in water.—*Sir W. Temple.*

He is unfit to rule others who cannot rule himself.—*Plato.*

After all, the most natural beauty in the world is honesty and moral truth. For all beauty is truth. True features make the beauty of a face, and true proportions the beauty of architecture, as true measures that of harmony and music. In poetry, which is all fable, truth is still perfection. —*Shaftesbury.*

The first three men in the world were a gardener, a ploughman, and a grazier; and if any man objects that the second of these was a murderer, I desire he would consider that, as soon as he was so, he quitted his profession, and turned builder.—*Cowley.*

Sleep is a death, oh, make me try
By sleeping, what it is to die:
And as gently lay my head
On my grave as now my bed.
Howe'er I rest, great God, let me
Awake again at last with Thee.
And thus assured, behold I lie
Securely, or to wake or die.
These are my drowsy days; in vain
I do now wake to sleep again;
Oh, come that hour, when I shall never
Sleep thus again, but wake for ever.—*Sir T. Browne.*

We all of us complain of the shortness of time, and yet have much more than we know what to do with. Our lives are spent either in doing nothing at all, or in doing nothing to the purpose, or in doing nothing that we ought to do. We are always complaining our days are few, and acting as though there would be no end of them.—*Seneca.*

What less than fool is man to pry and plot,
And lavish out the cream of all his care,
To gain poor seeming goods, which, being got,
Make firm possession but a thoroughfare;
Or, if they stay, they furrow thoughts the deeper,
And, being kept with care, they lose their careful keeper.
Quarles.

Many a wretch has rid on a hurdle who has done much less mischief than utterers of forged tales, coiners of scandal, and clippers of reputation. —*Sheridan.*

He
That kills himself t'avoid misery, fears it;
And at best shows a bastard valour.—*Massinger.*

Thinkers are scarce as gold, but he whose thoughts embrace all his subject, pursue it uninterruptedly and fearless of consequences, is a diamond of enormous size.—*Lavater.*

Sweet is the smile of home; the mutual look
When hearts are of each other sure;
Sweet all the joys that crowd the household nook,
The haunt of all affections pure.
Yet in the world even these abide, and we
Above the world, our calling boast;
Once gain the mountain-top, and thou art free,
Till then, who rest presume—who turn to look, are lost!
Keble.

THE HOUSEWIFE'S CORNER.

SAVOURY RICE PUDDING.

Wash one ounce of the finest rice, and put it in a pie-dish with half a pint of beef tea or any kind of broth. Bake until the rice is well cooked, which will take about an hour in a moderate oven. Boil a quarter of a pint of milk, pour it on to an egg highly beaten, stir well together, and then mix with the rice. Season with salt, and, if allowed, a little pepper. Put the pudding into the pie-dish, bake very slowly for an hour and a half, and serve.—*Newcastle Weekly Chronicle.*

RUMP STEAK, STEWED WITH ONIONS.

Take a pound of tender rump steak, and dredge pepper and a little salt over it. Butter a saucepan, which has a tightly-fitting lid, very thickly; or, if preferred, rub it over with good beef dripping. Lay the steak in it, add two large Spanish onions thinly sliced, and an ounce of butter or dripping. Cover the saucepan closely, and put it by the side of the fire to steam as gently as possible for two hours and a half. Take it up, lay the steak upon a dish, put the onions upon it, and serve immediately. It will be found that sufficient moisture has exuded from the onions to make gravy, although no liquor was put into the pan. Time, two hours and a half. Probable cost, 1s. 10d. Sufficient for two or three persons.—*Cassell's "Dictionary of Cookery."*

HOW TO COOK POMMES DE TERRE À LA MAITRE D'HOTEL.

Put four spoonfuls of milk in a saucepan, and let it boil. Then cut a dozen boiled potatoes into the pan. Put in a little grated nutmeg, with salt, pepper, and a little chervil, and let all boil together for ten or twelve minutes. Before serving put in a little fresh butter.

KNEAD CAKES.

Rub ¼ lb. of butter into 1 lb. of flour, add some salt, and mix with milk or cream. Roll the paste out thin, prick with a fork, and bake twenty minutes.

HOW TO OBTAIN OUR SECOND VOLUME FREE OF COST.

The Lay Preacher says of this volume:—

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PORTRAITS.

The following Portraits are in preparation:—

SIR WILLIAM JENNER, F.R.S., &c.
RIGHT HON. SIR STAFFORD NORTHCOTE.
JOSEPH COWEN, Esq., M.P.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, Esq., C.B.
&c., &c., &c.

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HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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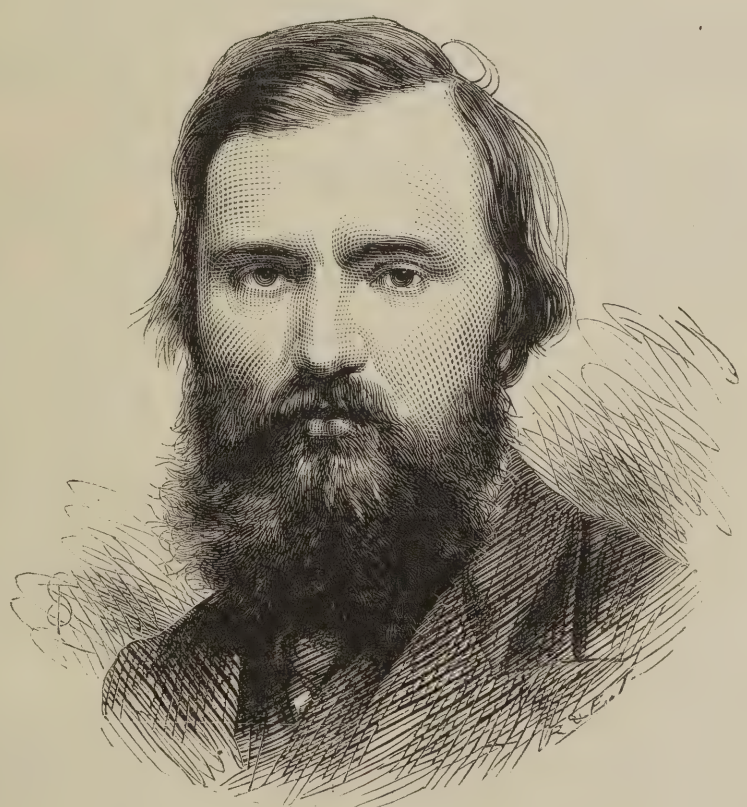

MR. JOSEPH COWEN, M.P.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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MR. JOSEPH COWEN, M.P.

Mr. Cowen was born, July, 1831, at Blaydon Burn, Newcastle-on-Tyne. His father, the late Sir Joseph Cowen, Knight, was a great benefactor to Newcastle. Originally a working blacksmith, his inventive genius brought him wealth, and this enabled him to devise and mature several schemes of prime importance to the dwellers on the Tyne. By his enterprise the Tyne, till then a shallow stream, was so deepened as to become a navigable river. It was for this achievement that the honour of knighthood was conferred upon him by Mr. Gladstone. Sir J. Cowen was an ardent Radical in politics. The Cowens were identified with the first genuine co-operative scheme in England—that founded in the seventeenth century by Crowley. The membership of this society worshipped and fed in common, and were equally benefited by the profits arising from their industries. The society disbanded in 1814, during the lifetime of Mr. Cowen's grandfather.

Mr. Joseph Cowen received his early education at a local school, whence he entered the University at Edinburgh. Here, with no professional object before him, he studied what subjects he pleased, the classics having the most attraction for him. At this time Edinburgh was represented in Parliament by Lord Macaulay, and Christopher North was at the height of his fame. Mr. Cowen had the advantage of having as his chief instructor the Rev. Dr. John Ritchie, an orator of no mean parts and an enthusiastic Radical. For some time he was president of the University Debating Society.

Amid such surroundings, with an imaginative and poetic cast of mind, it is not to be wondered that Mr. Cowen became an earnest political reformer of the most advanced type. It was while at Edinburgh that he made the acquaintance of Mazzini, whose fast friend and most illustrious English disciple he became. The influence of this distinguished friend of oppressed peoples may be traced throughout Mr. Cowen's subsequent career.

Mr. Cowen returned to Blaydon, and entered with spirit into the fireproof-brick and retort business carried on by his father. The works are extensive, employing as many as one thousand men, but strikes are unknown there, for Mr. Cowen is a trusted friend of the trades union movement, and in hearty sympathy with the working classes.

A periodical, the *Truthseeker and Present Age*, conducted by Dr. F. R. Lees, of Leeds, and Mr. G. S. Phillips (January Searle), appeared during the years 1845-50. The editors were supported by an able staff of contributors, Mazzini, Goodwyn Bramby, Samuel Smiles, Ernest Jones, James Hole, and W. J. Linton being among them. This work appears to have exercised considerable influence on Mr. Cowen ; and when it ceased to appear as the *Truthseeker*, he undertook the responsibility of continuing it (or its successor) as the *English Republic*, with Mr. W. J. Linton, the artist-poet, as editor. On the wrapper of this unique periodical appeared a well-executed tricolour in blue, white, and green, designed by the editor.

In 1854 Mr. Cowen started the *Northern Tribune*, a periodical for the people, which in some sense may be regarded as a continuation of the *English Republic*. In view of the position now occupied by Mr. Cowen a few extracts from this periodical may be given with interest.

In the "Exposition of Principles" prefixed to this work Mr. Cowen says :—

"We *are* far in advance of the so often lauded 'good old times.' Yet it is questionable whether the mental, moral, and physical condition of the people has improved proportionately with our increase of material wealth. In our battle for bread the nobler ends of life are overlooked. Amidst the conflict and confusion of a reckless competition for 'gain,' the cultivation of the higher attributes of our nature is forgotten, and the holiest interests of humanity sacrificed. Rapidity of communication and 'cheapness of production' are questions which take precedence of every other.

"Unquestionably these *are* matters of moment, but they ought not to engross all our energies. 'Man does not live by bread alone.' Trade is not the one object for which human nature was endowed with its glorious attributes. Men's actions are the truest exemplifications of their faith. What they *do*, more than what they *profess*, indicates their real creed. Measured by this standard, Mammon is 'God of our idolatry.' And Milton tells us that he was

'The least erected spirit that fell.'

"To infuse a reverence for a worthier ideal of life, to enforce a belief in something holier than 'the ledger,' to teach a more ennobling faith than the cold Materialistic creed of this 'work-a-day' world, and to proclaim that *man* as *man*, whatever his outward garniture, is greater and grander than all the creations of his genius, shall be the animating spirit of our enterprise.

"'The Protestant right of private judgment' we shall sedulously maintain for ourselves and defend for all. Our own convictions we shall state calmly but fearlessly, and shall encourage a similar outspokenness in others. 'To know, to utter, and to argue freely according to conscience,' are the first and imperative requisites of all mental and moral growth. Bigotry and intolerance are the necessary results of thinking by proxy. To every one is given the faculty of thought and the means of utterance. They who, from indolence or fear, neglect its cultivation, or surrender its use to another, are traitors to their consciences, and cowards in the presence of their fellows. . . . . .

"With the *result* of our inquiries no one has a right to quarrel. Entire agreement amongst us being impossible, sincerity and courage in the examination and calm fidelity in the expression of our convictions is all that we can ask from others or offer ourselves. Interests however potent, and prejudices however deep, cannot justify our silence in the midst of what we take for error, nor sanction our indifference when duty demands a sacrifice. Our watchword shall be, 'Above all things—Truth.' . . . . . .

"In the demand for a national system of education, we will most zealously and cordially co-operate. If not schools, we must have gaols ; and if not schoolmasters, we must have policemen. Every day's experience assures us that one or the other of these we must support. *We* infinitely prefer paying for the former. We take it to be both wiser and kindlier to watch over the *child* than to leave it to the education of the streets and the tender mercies of the prison. To prevent rather than to punish crime is the wisest as well as the cheapest plan. . . . . Associations for mutual instruction, whatever form they assume, either as mechanics' institutions or as simple reading-rooms—societies for spreading the principles of true temperance—for shortening the hours of labour for our workmen in general, and our *shopmen* in particular—for enforcing better sanitary regulations, and teaching the people the blessings and pleasures of cleanliness—for establishing baths and wash-houses, especially in our mining districts—and for securing opportunities of healthful recreation for the masses, through the medium of public parks and gardens—shall all have our hearty and unceasing support. In a word, ours shall be an endeavour to re-animate the people's faith, to purify their morals, to regulate their energies, to substitute for their reliance on others a sturdy confidence in their own exertions, and to teach them that it is not by the patronage of the powerful and wealthy so much as it is by their own energy, industry, and virtue, that their salvation is to be achieved. 'For a nation to be free, it is sufficient that she wills it.'"

We have made this lengthy excerpt because it mirrors Mr. Cowen's views and ideas at the commencement of his career better than anything else we have at hand does. The *Tribune*

appeared as a monthly for the first year of its existence, when it became a weekly, and was discontinued in 1855.

General Garibaldi visited Newcastle in April, 1854, when in command of an American vessel—the "Commonwealth." Mr. Cowen was one of the leaders of a band of "Friends of European Freedom" who desired to present the General with an address of welcome and sympathy, accompanied with a sword and telescope; but as Garibaldi declined any public demonstration, the presentation was made on board his ship at Shields, on the 11th of April. Mr. Cowen was chosen to introduce the deputation and to present the address. In so doing, he said :—

"We beg to assure you, General, that we are not here as vulgar *lionisers*. We address you thus, not merely because, by your genius and courage, you have earned for yourself such a glorious place in the muster-roll of the world's worthies, but also because we are political confederates. With the thoughtless crowd, who are always ready to shout at the heels of any titled pretender who may enjoy a transitory popularity, we have no connection, and for such men we have no esteem.

"General, along with this address I have to ask you to receive this sword and this telescope. The intrinsic value of these articles is but small, and to a Republican chieftain, who is accustomed to animate his compatriots by deeds of personal prowess, such a sword may be more ornamental than useful. But when I tell you that it is purchased by the pennies of some hundreds of working men, contributed not only voluntarily but with enthusiasm, and that each penny represents a heart which beats true to European freedom, it will not, I think, be unworthy of your acceptance and preservation. We are not versed in the polite phraseology of diplomacy; of the refined conventionalisms of Courts we are ignorant; representatives of the people, we have no costly presents to offer for your acceptance; but with that simplicity which best befits us we ask you to receive, as a token of esteem, the articles before us."

Mr. Cowen continues to enjoy the friendship of the veteran Italian patriot, and although it may not be strictly true that "he is personally acquainted with every conspirator in Europe," as Sir Wilfrid Lawson has stated, yet his intense sympathy with the oppressed peoples has brought him into contact and close relationship with Kossuth, Ledru Rollin, L. Blanc, Orsini, Herzen, Bakounin, and more especially with the leaders among the revolutionary Poles—Worcell, Dombrowski, Darasz, Mieroslawski, and Langiewicz. And for years his home has been a shelter for patriotic refugees—particularly the Poles. According to Mr. Davidson, in his "Eminent Radicals," Mr. Cowen has for some time spent two-thirds of an ample income in the cause of Poland. Mr. Davidson says :—

"To him Poland was and is a land of heroes and martyrs; Russia everything that is the reverse. So thoroughly identified was Mr. Cowen with the anti-Russian sentiments of the Polish and Hungarian exiles, that orders were issued by all the despotic Powers of Europe, by Russia, Prussia, France, Spain, and Italy, for his arrest, should he venture to set foot on their soil. Not able to catch the son the police twice arrested his father, the late Sir Joseph Cowen, in his stead. His home at Blaydon Burn was incessantly watched by the spies of Continental Governments. The despots of the Continent had, in point of fact, very good reason to regard Mr. Cowen as a dangerous personage. He was not merely a wealthy Englishman who gave of his substance freely in order that the axe might be laid by others to the root of the upas-tree of their authority, but one who did not scruple when occasion offered to levy war against the oppressors, so to speak, on his own account. During the last rising in Poland he fitted out, at his own charges, a vessel which it was intended should hoist the Polish flag, and, like another 'Alabama,' sweep Russian commerce off the seas. She escaped from the Tyne without much difficulty, and reached Barcelona in safety. Her next destination was the coast of the little island of Elba, where a Polish commodore of experience, who had come all the way from the Russian naval station at Kamschatka—on French leave, of course—was waiting with a full complement of marines, to take possession in the name of the Provisional Government at Warsaw. They waited in vain. The drunken ravings and cowardice of the English crew brought about the seizure and confiscation of the vessel by the Spanish authorities almost in spite of themselves. The chief naval authority of the port was at that time a brother of General Prim, himself a revolutionary. He winked hard, and it so happened, curiously enough, that the only Spanish man-of-war available for seizing her was under the command of an Englishman, formerly a Newcastle engineer, who, on being sent to inspect the ship and her papers, winked harder still. With reasonable promptitude she might have got clear off, but did not, to the great grief of Mr. Cowen and the Provisional Government of Poland. This is but one out of scores of daring enterprises with a similar object in which Mr. Cowen has been engaged. Once he had a wonderful box constructed and well lined with notes suitable for issue by the Secret Committee of Government over which Langiewicz presided. It was given in charge to a faithful messenger, with instructions to seek the headquarters of the insurgents by a somewhat devious route. No sooner did he set foot on the Continent, however, than he was seized by the police and put in prison. He was never tried and never told his offence, but the contents of the well-filled purse with which he had started from England were weekly disbursed to pay his board for the space of a whole year. At the end of that time he was put on board a ship bound for London, and landed penniless. Regarding the adventures, misadventures, and hairbreadth escapes of proscribed Poles, Italians, and Hungarians, Mr. Cowen has many a curious and pathetic tale to tell. He was the chief banker and general agent in this country of the European revolutionaries. Nearly all their more important correspondence passed through his hands on its way to and from the Continent, and for long his commanding position as a British manufacturer and shipowner, doing business in all parts of Europe, effectually baffled the most vigilant espionage of the despotic Powers."

Mr. Cowen was first returned to Parliament Jan. 14th, 1874, on the death of his father, Sir Joseph Cowen, who had represented Newcastle since 1865. At the general election which immediately followed he headed the poll, the figures being—Cowen, 8,471; Hammond, 6,474; Headlam, 5,807.

Mr. Cowen is receiving more attention just now than any other public man on account of the general support he is giving to the foreign policy of the present Government.

On the 31st ult. he delivered before his constituents, the bulk of whom are admitted to be in antagonism to his views and course of action, a remarkable speech on the foreign policy of England. It was well received by a crowded audience, and the following resolution was unanimously adopted—"That Mr. Cowen possesses the unabated confidence of the Liberal electors of Newcastle, who will rally round him at the poll."

Although Mr. Cowen's views upon foreign policy are not in agreement with those of the Liberal Association of Newcastle, that Association passed the following resolution at its meeting on the 4th inst. :—

"That whilst our loyalty to Mr. Gladstone and the Liberal party at large compels us to place on public record our strong protest against some of the speeches and some of the votes in Parliament of Mr. Jos. Cowen during the last two years, yet, remembering his countless services to the Liberal cause, and proudly recognising his distinguished abilities, we cordially recommend him to the electors generally as the colleague of Mr. Ashton W. Dilke at the general election, provided that the contest be fairly fought with a joint committee."

Nobody questions his honesty, and without expressing an opinion upon the merits of the case, we think that some few Liberal prints are scarcely as generous to him as they might be, considering his eminent services to their cause; but his Radical friends, as a rule, content themselves with the statement that he "has gone wrong on the question."

In his antagonism to Russia he has been consistent for the last quarter of a century. He, with such Radicals as W. J. Linton, Gerald Massey, and others of the same type, enthusiastically supported the Crimean War, desiring that it should be pushed far enough to destroy Russian despotism.

In an article on "War: for Freedom or Despotism," in the *Northern Tribune* for October, 1854, he says :—

"If at this moment popular spirit is flagging, it is because of the mysterious, suspicious, and shuffling conduct of the Aberdeen Ministry. How pitiful and paltry appear the peddling politics of the Coalition at a time of such supreme importance as the present! The hour, the needs of Europe, the hopes of enslaved nations, the disposition of our own people, all offer to the British statesman the noblest of missions. To make Great Britain the moral sovereign of Europe, to establish her supremacy in the affections of the European peoples, it is only necessary to act justly, and with will and vigour, on the side of right. Oh for one hour of Alfred or Cœur-de-Lion, of Cromwell or of Chatham, to burst the bonds that hinder the nation's energies, and give free scope and fair play to its mighty moral and material power! Ye governing classes, who assume a monopoly of wisdom and political virtue, ye broad-acred aristocrats and plethoric men of ingots, is there not among you one man, only one, to step forth and summon this nation to its duty? How generous and ardent would be the response, gathering all nations to the resurrection of liberty, and pealing the death-knell of every despotism in Europe! . . . . .

"Is this war to destroy Russia or the enemies of Russia—despotism or the enemies of despotism? This is the question for solution. There can be no

compromise. Russia—that is, the Russian Empire as at present existing—must be destroyed, or she will destroy all her opponents in turn. Russia must be completely expelled from the shores of the Black Sea, Finland must be torn from her grasp, and Poland allowed to resume her ancient sovereignty, or nothing, worse than nothing, will have been done. Leave the power to Russia intact, at the first favourable moment she will take ample vengeance for present humiliation. The reunion of Finland to Sweden, the national resurrection of Poland, the independence of Circassia, the complete freedom of Turkey from all foreign restraint, and the utter annihilation of Russian rule on the shores of the Euxine, are the results that should flow from the war."

And in an article, "After Sebastopol," November, 1854, he says :—

"A patched-up peace is but a truce for a few years, till Russia again makes head, and then the work has all to be done again. Do our peaceful and prudent mercantile men think that trade can flourish in a time of truce? Let them look to it. Let our shopkeepers look to this question, for it will concern them where they will most feel it—in their pockets."

For the last twenty years Mr. Cowen has owned the *Newcastle Chronicle*, daily and weekly issues of which are published. Of this paper and of its services to Liberalism Mr. Davidson says :—

"Mr. Cowen has for twenty years been the proprietor and political director of the *Newcastle Chronicle*, one of the most influential provincial journals in England, and certainly the most aggressively Radical. The *Chronicle* is what, alas! so few newspapers nowadays are, a real political instructor within the area of its circulation. It has writers, among whom I may mention a well-known journalist, Mr. Thomas Brown, who for range of political knowledge, and absolute fidelity to principle, have no superiors in or out of London. The result was seen at the last general election. When the Conservative reaction ran high everywhere else, the Northumbrian Liberals smote their Tory opponents hip and thigh all along the line. Twelve Liberals to one Tory were, if my memory serves me, the Durham returns."

Mr. Cowen has been a teetotaler from his youth up. He is an ardent friend of all social and progressive movements, and a liberal supporter of the reforms indicated in the "Exposition of Principles" quoted above. In its recently published sketch of him, the *World* says :—

"Mr. Cowen is a curious, perhaps a unique, combination of the poetic and the practical, of the man of business and the man of feeling. He makes the best fire-bricks in the world. He owns and works large collieries, and is admitted to be one of the few orators in the House of Commons. He farms a thousand acres of land, and he has created a daily newspaper which has the largest circulation out of London. With a revenue exceeding that of many peers he goes about Westminster, winter and summer, in a low-crowned felt hat, such as pitmen wear on Sundays, and a squarely-cut black coat, the pattern of which he must have himself designed in a moment of inspiration. He is as generous as he is rich, as learned as he is eloquent, as modest as he is influential. Few men of his actual position and personal habits would escape the aspersion of affectation. But no one having the slightest acquaintance with Mr. Cowen would suspect him of being anything other than he presents himself, or of meaning anything other than what he says. He is of the wholesome kind of men who save their friends and the public a deal of trouble by precluding the necessity for mentally debating whether there is any hidden meaning in their speech, or any covert motive for their conduct.

"It might, perhaps, be said that the principal flaw in the character of Mr. Cowen is a lack of self-esteem. He is almost ludicrously modest. During the recent visit to Newcastle of the Marquis of Hartington, the people of Newcastle missed no opportunity of manifesting their pride and delight in 'Jo,' as they with familiar affection call the senior member. It is no secret that in the course Mr. Cowen has taken in Parliament on the foreign policy of the Government he has differed from the great body of his constituents. But the Tynesiders have taken the true measure of the man. They know that if his political conduct be mistaken in a particular instance, it has been animated by pure and high motives; and so whenever there came in view the familiar figure, or whenever they heard the tones of the friendly voice speaking in their own accent, they shook the building with thunderous applause. At the meeting in the town hall, Mr. Cowen, being detained by business elsewhere, was a few minutes late, and endeavoured quietly and unobserved to gain his chair. But the people caught sight of him, and a sudden and mighty cheer interrupted and startled Lord Hartington, who had just commenced his speech. It was pretty to see the object of this popular ovation, how utterly miserable and guilty he looked, what vain attempts he made to put on an aspect of total unconcern suggestive of a case of mistaken identity, and how he chiefly succeeded in looking as if he had been attempting to steal Lord Hartington's pocket-handkerchief, and had been caught *flagrante delicto* by the excited crowd in the vast hall below the platform. It would, however, be a mistake to suppose that Mr. Cowen is constitutionally a timid man, or that there is in his manner anything that smacks of effusive humility. He is, as his political career testifies, bold as a lion when he sees an opportunity of protesting against a wrong, or of striking a blow for liberty, political or religious. In private intercourse there is absolutely no difference in his manner of address whether he be talking to a marquis or a miner. He is just himself—simple, unaffected, genial, hearty, and with that true instinct of the gentleman which shows itself in respectful consideration for the opinions and even the prejudices of his interlocutor.

"Mr. Cowen is the only man of any prominence in the House of Commons who has not acquired a prescriptive right to a particular seat. This may seem a slight matter of detail, but it implies a great deal. It means that his abnegation of self is carried into the smallest affairs of life, and that he will not push or crush or even raise a finger to gain for himself the slightest advantage, social, political, or physical. Hence, on the rare occasions when he has addressed the House, he has spoken from divers benches, but all having this in common—that they are as far back and as much in the shade as possible. This shrinking from conflict for precedence has lost the House many wise and eloquent speeches, which it can ill spare.

"Happily the House of Commons, the best and surest judge of character in the world, has found out Mr. Cowen in his retirement, and appraises him at his real value. The reader of the Parliamentary reports, who occasionally finds that the member for Newcastle has struck a note of true eloquence in the House, and has shown how happy and how strong is the rare union between common sense and high sentiment, gains but a partial conception of his influence in the affairs of the nation. His advice is sought by leaders on both sides in all matters affecting legislation for the industrial classes, and in much else where wide information, keen intelligence, and sober judgment are useful. He knows more of the undercurrent of political affairs in the course of a session than any single man in the House; for the simple reason that he has more personal friends on both sides than any one else, and that to know him is to trust him. The recent invitation to a seat at the board of the Royal Commission on Agriculture is evidence of the esteem in which Mr. Cowen is held in political circles, and at the same time indicates the only, and for him somewhat troublesome, kind of honour which it is possible to induce him to accept. He wants nothing from his fellow-men except to be let alone, and if he can do any one a service he will not urge that plea. A busy man on Tyneside, happy and content in the simple joys of his own home, by no means physically strong, it is for him a heavy sacrifice to spend six months of the year in London. If Newcastle would let him go, he would joyfully follow his natural inclination and retire into the background. Since Newcastle will not, he instinctively feels that it is not for him to give undue prominence to his own selfish hankerings, and he throws himself into Parliamentary work as if no other labour waited for his hand."

HOME RELATIONSHIPS.

By Rev. Peter Dean, Walsall.

No. 1.—Lover and Beloved *(continued)*.

The two grand requirements in sweethearts are—first, suitability, fitness, for each other; and, second, love for each other. When both these, or either of them, are or is absent, marriage is a great mistake. I know a great many are carried away with the idea that love alone is all that is required. But to attempt to successfully live in matrimony with the absence of suitability in the husband and wife is as futile as to attempt to row a boat with only one oar. Two files may love each other ever so, but they must be what they are, notwithstanding—they must rasp and produce that which is unpleasant when they rub together. And however much you might love a hedgehog, you would never get along comfortably with it as a bed-fellow. On the other hand, no amount of suitability for each other will make a couple happy in the absence of love. As two palm-trees must grow together or they produce no fruit, so marriage must include suitability and love, or there can be little fruit of happiness.

Every man is different from every other man; every woman is different from every other woman. In this fact is embodied the reason why any man is not suited for marriage with any woman. It also explains why it is that we have so many unhappy marriages amongst us—why there are so many miserable husbands who would be happy with other wives, and miserable wives who would be happy with other husbands.

But now these have made their beds it is their duty to lie as best they can, and it is for the young people who have still to choose to learn wisdom by their example. "What," says the author of "Rasselas," "can be expected but disappointment and repentance from a choice made in the immaturity of youth, in the ardour of desire, without judgment, without foresight, without inquiry after conformity of opinions, similarity of manners, rectitude of judgment, or purity of sentiment? Such is the common process of marriage. A youth and maiden meeting by chance, or brought together by artifice, exchange glances, reciprocate civilities, go home and dream of one another. Having little to divert attention, or to diversify thought, they find themselves uneasy when they are apart, and therefore conclude that they shall be happy together. They marry, and discover what nothing but voluntary blindness before had concealed; they wear out life in altercations, and charge nature with cruelty." This quotation unfortunately gives only too true a picture of many courtships and marriages. Marriages *à la mode* are common in all ages, as well as in that of Hogarth. The great anxiety, therefore, of youths and maidens should not be as to whether they are doing right in deciding upon marriage, but as to whether or not they are selecting or accepting the right partners. It is clear that a person who loves society will never get on well with one who loves to be alone; one who is highly conscientious with one who lacks this quality; one who is cheerful with one who is doleful; one who is prudent with one who is a spendthrift; one who is fond of show with one who loves to be plain; one who is orderly and systematic with one who is careless and slovenly; or one who is intellectually strong with one who is intellectually weak. And as there are certain qualities which husband and wife ought to approximate in, there are others in which they ought to be dissimilar. The familiar nursery tale tells us—

"Jack Sprat could eat no fat,
His wife could eat no lean,"

and there ought to be a similar convenient arrangement in the dispositions of husbands and wives generally. If one is passionate, the other ought to be meek; if one is naturally relentless, the other ought to be forgiving; if one lacks energy or dignity of character, the other ought to have them; if one is fond of praise, the other should care little about having it. And so of several other characteristics. The more all these things are wisely noted and rightly balanced, the more is there likely to be married happiness. Indeed, only so far as the two dovetail into each other—meet each other's needs and longings—can they be said to be truly married. Very seldom is it that there is a whole marriage. Most commonly couples are married only a quarter, or a half, or three-quarters.

In connection with selection there are also the questions of position in life, wealth, beauty, ability, goodness—what about these? Well, about these there can be no better advice than that of Ovid, "If you wish to marry suitably, marry your equal." As Plutarch says, "Men that marry women very much superior to themselves are not so truly husbands to their wives as they are unawares made slaves to their portions." As a general rule, that which you yourself are in ability and circumstances ought to be that which you should look for in your future partner. If you have a small mind you ought to marry a small mind—for there can be little in common between a small mind and a great one. If you have little money, look for little money, for if you marry for money you will be likely to get "more disappointment than sovereigns." If you have not much beauty yourself, marrying a very beautiful woman will not increase your beauty, and it is likely to decrease your happiness. I love to see a pretty face, just as I love to see any other pretty thing; but a pretty face, and nothing but a pretty face, is a poor thing to marry. A pretty face and figure may entice us, but it is only qualities of the mind and heart—inward beauty—that can retain our admiration. As Erasmus says, "Love that has nothing but beauty to keep it in good health is short-lived." He who marries for beauty, only binds himself for a lifetime for that which may not last, or continue to please him, for a single year. When he has it it will be to him of no price at all, for the desire dieth when it is attained, and the affection perisheth when it is satisfied. The husband or wife often enough ceases to think little of what kind of features the other has, but they never cease to care for the kind of manners and disposition either shows to the other. Disposition affects them every hour they are together; therefore, in making choice of a wife or husband, above all be sure to look out for a good disposition. Act also on old Fuller's advice, and "take the son or daughter of a good mother;" for a badly-trained son or daughter is hardly likely to turn out a good husband or wife.

But, as already said, there must be mutual love as well as mutual suitability. Even when courtship is commencing it is desirable that there should already exist deep and sincere love between the youth and maiden, that each should be able to truly say of the other—

"Earth holds no other like to thee,
Or, if it does, in vain for me."

When this happens the true marriage begins with the courtship, and married life will be—as it should be—a continued courtship. It is most unwise to begin an attachment, and above all, to enter upon a marriage, in the hope of making your future partner love you. "The woman who has not touched the heart of a man before he leads her to the altar, has scarcely a chance to charm it when possession and security turn their powerful arms against her." And he or she is a poor reader of human nature who cannot detect the presence or absence of love. For true love will not and cannot be hid. There is no disguise which can long conceal it where it does exist, or feign it where it does not. Love is to married life what oil is to machinery; it makes things which otherwise would grate unpleasantly together, run with smoothness and serenity. Married mates can bear and forbear so long and in proportion as they love. "Where love fails we espy all faults." "Faults are thick where love is thin." Let your husband or wife only have your love, and he or she will willingly bear your cares. That was a wise as well as a beautiful reply which Longfellow's *Evangeline* made, when urged to marry one she did not love:—

"I cannot;
Whither my heart has gone there follows my hand, and not elsewhere;
For when the heart goes before, like a lamp, and illumines the pathway,
Many things are made clear that else lie hidden in darkness."

So those of us who have experienced true married life have

found. We have found that "true love can no more be diminished by showers of evil than flowers are marred by timely rains."

I will conclude by once more reminding my readers of the all-importance of the relationship between lover and beloved. I long to see it divested of the unwisdom which now too frequently forms its accompaniment, and recognised as involving (as it does) some of the most sacred duties of human life. When we reflect how immeasurable must be the influence of husband and wife on one another through the endless give-and-take of a lifetime of union; what ennobling or vulgarising—what elevating or repressing—power each must have over the other, it becomes nothing short of awful to take the responsibility of bringing such good or bad influences to bear upon a human soul. "A bad wife," says an old writer, "is shackles on her husband's feet, a palsy to his hands, a burden on his shoulders, smoke to his eyes, vinegar to his teeth, a thorn to his side, a dagger to his heart." Is not a bad husband every whit as evil? Like husband like wife, and like wife like husband, must be largely true. As Tennyson writes—

"As the husband so the wife is; thou art mated with a clown,
And the grossness of his nature shall have weight to drag thee down."

Let young men be wary, then, whom they propose to, and young women whom they accept.

In my next two papers I shall deal with the relationship of "Husband and Wife."

HOMELY HINTS FOR THE HOUSEHOLD.

By the Rev. Frederic Wagstaff, F.R.H.S.,
Editor of the "Lay Preacher."

IV.—A Few More Words on Furnishing.

In speaking of the bed-room, it is scarcely necessary to deprecate the old-fashioned "four-posters." They were very cosy and warm, with their curtains drawn all round; but they were very unhealthy. Nothing looks better than an iron bedstead, which, if well made and of neat pattern, matches well with any kind of furniture in the room. For the wood of which the other articles are made, the taste and the pocket must be left to decide between them. For our own part, we hesitate whether to give the preference to mahogany or to some lighter wood. The former may have a more solid and substantial appearance; but the latter gives an air of cheerfulness to the room. Some people object that light-coloured furniture gives a cold look to a bedroom, and the objection, perhaps, has more weight in winter than in summer.

Dr. Richardson has recently denounced bedroom carpets and vallances to beds. We are not sure whether the worthy doctor would allow us to have curtains to the windows. There can be no doubt as to the soundness of his decision from an extreme sanitary point of view; but we cannot help thinking that perfect healthfulness may be combined with the comfortable appearance of carpet and hangings, if care be taken to have a thorough cleaning through all the bed-rooms periodically. Soap is a grand disinfectant. Cleanliness is everything; and a war of extermination should be waged unceasingly against dust, dirt, and disorder. But this is somewhat foreign to our subject. We refer to the matter only to point out how the comfort of bed-room carpets will be too dearly purchased if there be not strict attention to cleanliness, by frequent sweeping, and by periodical scrubbing and scouring.

We may, perhaps, be accounted fanciful in our tastes, but we plead guilty to a strong objection to gaudy colours on a toilet set. Nothing beats the plain white and gold—the best pattern, by the way, for a tea-service, as that known as "the pheasant pattern" is for the dinner-table. Such articles as these always look well, and when anything is broken the set can be made up easily at the nearest earthenware shop.

Stair-carpets should be narrow, and the boards stained or painted on either side. If a piece is turned in at the bottom it will be easy, after a time, to change the position of the carpet slightly, and so prevent it from being worn too much on the edge of each stair.

For carpets there is an ingenious invention—American, we believe—to supersede the old nails, the heads of which were incessantly coming off. The modern contrivance assumes the form of a small staple. When the carpet has to come up, insert the point of a bradawl under the staple, and it is out instantly.

No house, however small, can be considered furnished in which there are no bookshelves. Books are by many people considered very much in the light of luxuries. For our own part, we deem them to be necessaries. We should as soon think of omitting shelves in the larder, or a table in the dining-room, as shelves for books. The beauty of it is that good books are cheap enough in these times. The cost of a cigar or a glass of wine a day will supply several good volumes during the year.

Very much more might be written on the details of furnishing; indeed, the subject would not be exhausted in a moderate-sized volume; but we must be content with what we have written. It will be remembered that we only promise to supply "Hints," and we have many other topics yet on which to enlarge. A closing sentence or two is all we can afford ourselves in the present article. Furnishing a house will always reveal the peculiarities and characteristics of those by whom it is done. Some people will put good furniture into a house, but the arrangement is so bad that everything looks ugly and feels uncomfortable. Another person will take the same articles, and, by a little re-arrangement, produce a charming result. Some have the knack of doing this more than others, and in their hands the dreariest surroundings put on an air of neatness and comfort—the simpliest things acquire, under their auspices, a touch of the refinement which is often wanting in other abodes where wealth abounds. But apart from this there is a moral influence in a well-furnished house. By *well-furnished*, we do not mean expensively, but in good taste. The more comfortable and bright the home, the more will its inmates cling to it, finding there, and not elsewhere, their rest and enjoyment after the fatigues and business of the day. But these are considerations which belong properly to our next article.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: FEBRUARY 14th, 1880.

THE PERFECT BRICK.

THE brickmaker's craft is one of the most ancient in existence. Although boughs of trees or caves might have supplied shelter in very primitive times, bricks seem to have been used very early in house construction. Given the discovery that, by burning, clay acquired a hardness almost equal to stone, the ancients would see how much easier it would be to model or mould clay than to hew or cut stone into the required forms; and hence the brickmaker has been one of the most useful craftsmen for thousands of years. It was one of the hardships of the children of Israel while in bondage that their Egyptian taskmasters required them to make bricks without straw; and traces of the brickmaker's handiwork, of the most remote antiquity, are discoverable wherever civilisation has planted her foot.

In remote times bricks were made in various shapes. An inspection of the remains of the walls of old Verulam will disclose a broad thin brick, something like a paving-brick, unaffected by the frosts and heats of centuries, and as sound as when first laid. In this country, for some centuries past, bricks for building purposes have been made of an uniform size, with an indentation on one side, technically called a frog, to hold the mortar; and for the past four or five hundred years few, if any, improvements have been introduced in their form. There have been slight modifications, but no changes have been effected such as would lead to any alterations in the method or plan of laying them in building.

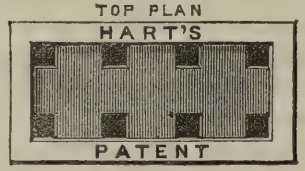
The so-called bricks of to-day, those used in building modern cheaply run up houses, possess but few, if any, of the requisites of a brick. It cannot be said that they have even the form. At many of the brickyards or fields around London clay is merely the chip-in-pottage, not the staple raw material from which bricks are made. The art of making kerf, the compound from which bricks are moulded, seems to consist chiefly in putting together as *much* of road-scrapings and ashes, and as *little* of clay, as possible—the sole end in view being to make an article somewhat in the form of a brick, that can be moulded, dried, and burned as cheaply as possible—just able to hold together until it is laid in a villanous substance miscalled mortar. If it does this, and passes the district surveyor, no very difficult process nowadays, it meets the requirements both of the brickmaker and the builder. But when the New Zealander surveys the ruins of London from a broken arch of London Bridge, how many of these precious bricks, even if carefully preserved, will hang together for his inspection?

The commonest bricks of the London brickfields, *place* and *grizzles*, ought not now to be used, as there is, we believe, an order by the Metropolitan Board of Works against them. The better kind, *stocks*, are generally too bad to be used on outside work without being coloured and artificially pointed, processes which, when understood by house-buyers, will never be tolerated.

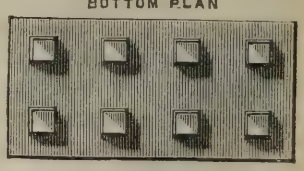
There are fancy or pressed bricks, which are usually a sound and good article, but these are rarely used—never if builders can help it.

An invention likely to revolutionise the whole building trade has recently been perfected by the patentee, Mr. Hart. This is known as the PERFECT BOND BRICK, and it appears to realise completely the idea of its inventor. But apart from its peculiar value as a tie brick, from our point of view it will have the great merit of pushing the inferior bricks upon which we have been animadverting out of the market, when it comes into general use. It is a pressed brick, and the rubbish which forms the staple article in shoddy dwellings not being made in that way, it is only requisite for persons having houses built to stipulate for the use throughout of the Perfect Bond Brick, to thoroughly protect themselves from the glaring imposition to which we have referred. If the new brick does this it will revolutionise the building trade in truth, but the revolution will be fraught only with good to humanity. If shoddy brickmakers and builders suffer, it should not be forgotten that the people are more important than they are.

In order that our readers may clearly understand the nature of Mr. Hart's invention we introduce a plan view of it:—



The top plan view.



The bottom plan view.

It will be seen that there are eight grooves or dowels countersunk upon the upper surface of the brick, and an equal number of corresponding tenons or projections on the bottom of the brick. The super-imposed brick is incorporated, as it were, with that below, and a slight coating of groated mortar renders them practically inseparable. The joint formed in this way is of the nature of a putty joint, and a nine, thirteen and

a half, or eighteen inch wall, can be built so as to present a perfectly even or flush face on either side. A great saving of mortar is effected; and as the bricks themselves form a guide in the laying process, skilled labour can to a considerable extent be dispensed with. The accidents continually taking place from the falling of buildings would be practically impossible were the Bond Brick used. And for workmens dwellings and houses the brick would be admirably adapted, as what is required is a material capable of resisting the great wear and tear inevitable in that class of property. This is a point at present overlooked by some now-building workmen's dwellings, and as the subject is one of the highest importance to the movement, we shall take an early opportunity of returning to the question.

The uses to which the ingenious might apply these bricks are almost infinite. They would form window and door heads nearly as solid as an iron girder. An eighteen-inch girder, nine or eighteen inches thick, could be formed of two or four bricks placed vertically on their ends, the one above the other, with four or eight bricks laid transversely on their sides, tieing them together. Thus constituted a brickwork girder would be of great strength, particularly where blue or vitrified bricks are used, some of which will stand a pressure of 440 tons to the square foot. In this case it would be nearly equal to iron; competent authorities state that in tunnel-walls three rings of the Bond Brick will be equal in strength to four rings of ordinary bricks, a saving of twenty-five per cent. Temporary walls and buildings can be put up *without mortar*, and removed at will.

But one could go on to any length in suggesting the uses to which this brick might be applied. Taken altogether the Perfect Bond Brick is the most valuable improvement introduced in brickmaking for centuries past. If the trade will only let it have fair play it must lead to the advantages we have suggested.

CURRENT OPINIONS AND EVENTS.

Mr. Ashton W. Dilke, proprietor of the *Weekly Dispatch*, has been unanimously selected as the second Liberal candidate for Newcastle-on-Tyne. His public reception has been a most enthusiastic one. In reply to a question put to him at a public meeting, held on Friday last, Mr. Dilke said:—

"With regard to the temperance question generally, he was in favour of Sir Wilfrid Lawson's motion on local option. The question of Sunday closing was, he thought, eminently one to be left to local option. But the person who put one of the questions wanted to know whether he would vote for Sunday closing if the Local Option Bill were rejected. Yes, he would vote for Sunday closing—but he did not think there was any chance of Sunday closing being carried before local option."

The first Annual Report of Mr. Redgrave, Chief Inspector of Factories, has been presented to Parliament. Referring to the state of trade, Mr. Redgrave remarks that if the report had been commenced three months earlier than the 1st of December he would have had to present a very different picture from that he is now happily enabled to do. It is painful to realise from constant communications from manufacturing districts the want of employment and the extent to which it has been felt. Every industry has suffered in an unexampled manner. The ship-yards are not very busy, though orders have been received at some of them lately. Mr. Coles, Manchester, states that the iron trade has wonderfully improved, owing to the trade revival in America. Mr. Henderson, Scotland, reports very hopefully. In the last three months there has been a marked revival of industry. Several of the largest shipbuilding yards in Glasgow have work enough on hand to last them for eighteen months.

From the Board of Trade returns for January, issued on Saturday last, it appears that the month's imports were valued at £32,372,090, and the exports at £16,912,858, while the values for January, 1879, were, for imports, £26,367,046, and for exports £14,196,518. An improvement of upwards of eight and a half millions is a good indication of a revival of trade.

Mr. G. J. Holyoake reported at Exeter Hall on Saturday last upon the result of his inquiries in Canada and the United States relative to co-operative emigration and colonisation. To the friendless, the needy, and the ignorant, he regarded emigration as a terror and a forlorn adventure. Without means or knowledge, the emigrant often sank into destitution, and his end was more deplorable than if he had remained at home. Co-operation, he thought, could smooth the way for such people; it could collect families together, and furnish them with needful information. They could thus make emigration intelligent.

At a meeting of the Association to Promote Women's Knowledge of Law, held at 36, Blandford Square, on Saturday last, and influentially attended, the following petition to Parliament was adopted:—

"That the common law of England and Ireland, which vests the personal property of a wife absolutely, and her real property for his life, in her husband, is inexpedient and unjust, and ought to be altered. The petitioners therefore pray that your honourable House will pass a measure establishing for women the same rights and liabilities with regard to property and contract as appertain by law to men."

On Saturday afternoon last a coffee tavern was opened at the corner of Royal Mint Street and Leman Street, Whitechapel. Captain Bedford Pim complimented the Directors of the Coffee Public House National Society on the happy choice of the site, and expressed his great pleasure in opening the "Trafalgar." The house was speedily crowded with seamen, for whose benefit it has been principally opened.

After the opening ceremony a special meeting of seamen was held, to adopt a petition to Parliament, setting forth the grievances of British seamen and suggestions for their remedy; by a special resolution it was agreed to insert the following clause in the petition:—

"That in the opinion of your petitioners, the practical remedy to prevent the enormous losses of grain-laden vessels is that proper consideration should be paid to their construction, so as to avoid the excessive proportions of length to beam, and that every vessel carrying grain or other shiftable cargoes, should be fitted with winged passage bulkheads, and a double shifting plank bulkhead amidships."

We are glad to see the "Trafalgar" put so soon to so good a use, and trust Mr. Plimsoll's humane and laudable attempts to remedy existing defects in the system of loading vessels with grain, will be crowned with success during the present session of Parliament. It is evident that the sailors are taking an interest in the question.

Mr. James R. Mellor, writing to the *Daily News* the other day, said :—

"Yesterday I received from the Grand Junction Water Works Company a claim on a house of the rateable value of £250 for £6 10s. for two quarters' supply of water. The claim being stamped 'Increased' in red ink, on referring to my accounts I found the increase on what I have paid for the last five years to amount to £4 12s. per annum, being at the rate of £13 instead of £8 8s. This morning I see a notice in one of the daily papers that the Government are going to take over the Water Companies, and on inquiry at the office of the company in question, I am informed that the directors have just discovered that I have been charged too little hitherto, and that this claim is calculated upon what the directors are pleased to term the gross value of my house. Most great discoveries are the result of long years of patient toil and investigation, and happy indeed should be the shareholders who possess a board of directors capable of developing so valuable a result, through what must have been a prolonged period of evolution, just in the 'very nick of time.' As I cannot help thinking that this remarkable discovery is of considerable importance to the public generally, I venture to hope that you may be able to find room for this short notice of it in your columns."

In the House of Commons, on the 5th inst., Mr. Fawcett asked if the Government intended to introduce a Bill dealing with the Water Supply of London. Mr. Cross said, regarding the Water Supply of London, he was not at the present moment prepared to state the result of his communications with the water companies during the recess, but he hoped to do so in the course of a week or ten days, when he would introduce a Bill on the subject.

BEHAVIOUR TO CHILDREN.

THE faults of children are, to a great extent, caused by the way in which they are brought up. Children who are over-indulged are almost always spoilt; children who are tiresome are those who have discovered that they can obtain their own way by importunity. We often speak of our children's faults, and the best way of eradicating them, but parents do not endeavour as much as they ought to correct their own faults of behaviour towards their children.

The great principle to be observed in the treatment of children is *quiet, kind firmness.* If every child were fully persuaded that when his parent commanded a thing, it must be done, forbade a thing, it must be left undone, promised a thing, the promise would surely be performed, threatened a thing, the threat would certainly be fulfilled, there would not be so many disobedient children as there are. But this is a state of things difficult to arrive at. For mothers especially, who have their children constantly about them, who are perhaps wearied by the children's play, and who long for rest and quiet, how much easier it appears to yield to the little ones, and to let them have their own way "just this once." But the momentary quiet is purchased at a dear cost. The next time the child desires anything contrary to his mother's wish, he draws on experience for his guide in action, and his importunity is increased, only, perhaps, to be successful once more, till, in a very short time, he has become one of the tiresome, spoilt children who are such an annoyance and a trouble to all about them.

Let every mother and father who have allowed themselves to slide into habits of this kind resolutely set to work and watch *themselves.* Let them refrain from giving even the most trivial order that they are not in a position to enforce, or make any threat or promise that they are not prepared to fulfil, and in a very short time they will be rewarded by finding that order and obedience reign, where anarchy prevailed before; and, more than that, they will find their children both happier and more contented for the change.

Children's dispositions vary so much that it would be impossible to lay down any general rules for their treatment, as it would be for a physician to write a prescription what should be administered in every disease. The wise parent adapts his conduct to the character of the child. But all children are better for being treated with kindly firmness. Passionate children should be treated very quietly; generally speaking, it is best to wait until the storm is over before reproving them for their conduct. If any attempt is made to do it whilst in the midst of their fury, it will most likely make matters worse. Obstinate children—and there are many such—need very judicious treatment. They possess a very valuable quality, which, if rightly directed, will make them useful, strong members of society; if misdirected, will make them a misery to themselves and others.

A writer of wide experience in the management of children says :—

"The wisest plan to pursue with very obstinate children is to be very careful not to rouse unduly this spirit of opposition, for every encounter will but tend to strengthen it. The young child will never perceive that you refrain from commanding it to do this or that. It is impossible, of course, to avoid a conflict now and then, but I should not make it of long duration. If it steadily refuse to do a thing it is told to do, and a few trials seem to have no effect, you yourself retire from the field. 'Retire, and leave the naughty child the victor!' you exclaim. Yes; it will not care for its victory if you openly tell it that you will not force it to obey you, but that as it refuses you cannot esteem its conduct, and therefore you do not wish for its presence or companionship. You will break its will far more effectually in this way than if you strove with it unceasingly, or had recourse to the rod, and it will love you all the more. It will be ashamed of its victory, and will regard it as a worthless trophy when it finds it has not had to fight for it."

One word must be said about the method of punishing children. Punishments cannot be entirely dispensed with, as all who have any experience with children know. They should, however, be exceptional, and they should be reserved for real, serious offences. Above all, they must not degenerate into a method of relieving the annoyance or the bad temper of the elders. Neither must unfortunate occurrences, which arise from accidents or from mere exuberance of spirits, be met with punishment. If they are, a sense of injustice may rankle in the bosom of the child, which will produce lasting injury.—*Cassell's "Domestic Dictionary."*

THE FIRST NECESSITY OF LIFE.

"THE proper study of mankind is man." This is true in many ways. "Know thyself," is an old proverb, and is worthy of universal practice.

The grand sources of human suffering in the present day are bodily disease and mental anxiety. Yet many might be relieved if they but gave a little of their time to learn the causes which preserve and impair the health of their body. Pleasure and pain are the consequences of our actions; and progression, which is the law of our nature, can never advance as it should do, while we remain ignorant of the laws which affect our minds and bodies. Some persons tell us that to know one's self physiologically is not a public right or duty; and, moreover, they tell us that it is impossible, unless a large amount of time and money be spent in the walls of a medical college. Those who seek for health by taking poisons certainly must go to a medical college to learn how to administer them in order to cure disease, but it seems contrary to reason to suppose that a poison may be reduced to a certain point, and then become life-giving. Disease proceeds from a violation of Nature's laws, and Nature never violates her own laws to heal disease.

The first necessity of life is air to breathe; and the best way, and the safest way to prevent disease, is to breathe fresh natural air, and plenty of it, all our life. This, no doubt, in the present day, is an impossibility, because man is a social being, and the precept, "Love thy neighbour as thyself," is implanted in his constitution. I mean that so much of the happiness and health of each individual depends on the habits, practices, and opinions of the society in which he lives, that he cannot reap the full benefit of his own advancement until similar principles have been embraced and realised in practice by his fellow-men. A moment's thought will be sufficient to convince of this truth. While some draught-dreading hypochondriac insists on having every inlet of fresh air closed, other persons will be compelled to breathe the same contaminated, unrefreshing atmosphere, for breathe we must. Respiration is the first sign of independent life, and the incessant rise and fall of the chest continues to remind us that life exists. The process of breathing enables the blood to clear away the old rubbish of the fabric piece by piece, and put down new life-giving materials. Air, pure in quality and large in quantity, is necessary to keep us in health. How much I wish I could see this important lesson carried out practically to a larger extent. Our dwellings should be so constructed at all times as to admit a supply of fresh air, and an outlet should be provided for the escape of the deteriorated air.

There is no room to doubt that many diseases are caused and favoured through constantly neglecting to admit this great and good physician into our homes. Without air no animal or vegetable could exist. For want of a due supply of it, the mind and body of man suffer; headache, faintness, weariness, craving for stimulants, and colds, may all be produced by breathing air rendered impure.

Some persons examine the heavens, others the earth, others the creatures that live upon the earth, and they may all gain a great amount of knowledge by their examinations; but to "know thyself" is more important than all, for though a man gain the whole world, and possess not health of body and mind, it profiteth him nothing. R. SHIPMAN.

A NOTED ENIGMA.

IN 'The Literary Life of the Rev. William Harness,' the story is given of the origin of a very celebrated poetical riddle. Mr. Hope was entertaining a number of eminent friends at the Deep Dene. In the course of the evening some remarks turned the conversation upon the letter H, and the unworthy treatment it received in the centre of the metropolitan civilisation. The party retired soon afterwards, but the subject of discussion had touched Miss Catherine Fanshawe's ingenious fancy, and while others slept her mind was busily employed. Next morning at breakfast she brought down the poem and read it to the delighted and astonished guests :—

'Twas whispered in heaven, 'twas muttered in hell,
And echo caught faintly the sound as it fell;
On the confines of earth 'twas permitted to rest,
And the depths of the ocean its presence confessed.
'Twill be found in the sphere when 'tis riven asunder,
Be seen in the lightning, and heard in the thunder.
'Twas allotted to man with his earliest breath,
Attends at his birth, and awaits him in death;
Presides o'er his happiness, honour, and health;
Is the prop of his house, and the end of his wealth.
In the heaps of the miser 'tis hoarded with care,
But is sure to be lost on his prodigal heir.
It begins every hope, every wish it must bound,
With the husbandman toils, with the monarch is crowned.
Without it the soldier, the seaman may roam,
But woe to the wretch that expels it from home!
In the whispers of conscience its voice will be found,
Nor e'en in the whirlpool of passion be drowned.
'Twill not soften the heart, but, though deaf be the ear,
It will make it acutely and instantly hear.
Yet in shade let it rest, like a delicate flower;
Ah! breathe on it softly—it dies in an hour.

These lines, thus introduced, were soon well known and admired throughout the country, and from their sytle and curious felicity were attributed to Lord Byron. They afterwards crept into some foreign editions of his works, and are even at the present day often ascribed to him.—From the *Hull Miscellany*, edited by William Andrews, F.R.H.S.

EFFECT OF BOILING UPON MILK.—It is well known that boiled milk has a totally different taste as well as different physiological effects from unboiled milk. According to Schriener, the peculiar odour and taste of boiled milk are due to sulphuretted hydrogen, as can be easily proven. If milk is placed in a flask fitted with an upright cooler, and then boiled, sulphuretted hydrogen gas escapes from the tube and will blacken lead paper. After the milk has been poured out of the flask enough sulphuretted hydrogen gas will remain to give the reaction as well as smell. Milk that has been boiled, on standing, will not curdle as soon as that which is not boiled, as every housewife knows. But Schriener says that it curdles sooner than unboiled milk if acids are added. He placed 10 c.c. of milk, diluted with 25 c.c. of distilled water, in a flask, and added dilute sulphuric acid containing one half-gramme acid to the litre. A certain definite quantity of acid was always required to produce a visible coagulation. Fresh milk which had been boiled always took 10 to 12 per cent. less of this acid than it did before boiling. The action of rennet upon milk is also affected by boiling. He found in numerous experiments that were made with the milk of different animals, that ten times the quantity of rennet required to curdle raw milk was insufficient to produce this effect upon boiled milk of the same kind and at the same temperature (95 deg. F.) in ten times as long space of time. The quantity of acid or of rennet necessary to curdle a given volume of fresh milk was found to depend upon the quality of the milk—*i.e.*, the amount of dry substance or total solids. The milk of different kind of cows kept upon the same food required different amounts of acid. If equal quantities of rennet were added to different samples of milk, the time required for coagulation at a given temperature increased with the amount of dry substance in the milk. The quantity of acid required to coagulate milk from the same cow at different periods increased regularly from calving to the time of drying up, corresponding to the constant increase of solids in the milk during the period of lactation. The total increase of solids for the whole period was 11 to 13 per cent. in the Frieslander breed of cows, 12 to 16 per cent. in those of Simmenthaler breed.—*Land and Water.*

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

In a just and lofty spirit Schiller undertook the business of literature; in the same spirit he pursued it with unflinching energy all the days of his life. The common, and some uncommon, difficulties of a fluctuating and dependent existence could not quench or abate his zeal; sickness itself seemed hardly to affect him. During his last fifteen years he wrote his noblest works; yet, as it has been proved too well, no day of that period could have passed without its load of pain. Pain could not turn him from his purpose or shake his equanimity; in death itself he was calmer and calmer. Nor has he gone without his recompense. To the credit of the world it can be recorded that their suffrages, which he never courted, were liberally bestowed on him; happier than the mighty Milton, he found "fit hearers," even in his lifetime, and they were not "few." His effect on the mind of his own country has been deep and universal, and bids fair to be abiding; his effect on other countries must in time be equally decided; for such nobleness of heart and soul, shadowed forth in beautiful, imperishable emblems, is a treasure which belongs not to one nation, but to all. In another age this Schiller will stand forth in the foremost rank among the master spirits of his century, and be admitted to a place among the chosen of all centuries. His works, the memory of what he did and was, will rise afar off like a towering landmark in the solitude of the past, when distance shall have dwarfed into invisibility the lesser people that encompassed him and hid him from the near beholder. —*Carlyle.*

The rudest and the most advanced nations abound in songs. They are heard under the plantain throughout Africa as in the streets of Paris. The boatmen on the Nile, and the children of Cairo on their way to school, cheer the time with chants, as do the Germans in their vineyards, and in the leisure-hours of the university. The Negro sings of what he sees and feels—the storm coming over the woods, the smile of his wife, and the coolness of the drink she gives him. The Frenchman sings the woes of the State prisoner, and the shrewd self-cautionings of the citizens. The songs of the Egyptian are amatory, and of the German varied as the accomplishments of the nation—but in their moral tone earnest and pure. The more this mode of expression is looked into, the more serviceable it will be found to the traveller's purposes of observation.—*Miss Martineau.*

Everything that can contribute to teach the most unmoved patience under the severest pains and misfortunes, everything that tends to harden the heart and narrow all the sources of sympathy, is most sedulously inculcated on the savage. The civilised man, on the contrary, though he may be advised to bear evil with patience when it comes, is not instructed to be always expecting it. Other virtues are to be called into action besides fortitude. He is taught to feel for his neighbour, or even his enemy, in distress, to encourage and expand his social affections, and in general to enlarge the sphere of pleasurable emotions. The civilised man hopes to enjoy, the savage expects only to suffer.—*Malthus.*

Newton never seems to have placed himself, even in idea, beside his fellows, but always in presence of the vast universe, and of Him the Maker of it. His mind was therefore stamped with a grave and reverential abasement; he compared his discoveries, not with what had been accomplished before, but with what remained to be done; the law of gravity itself was but as a sound of distant waters, a little gleam from the unknown—telling, however, distinctly of its home—like the shell of the Arabian maid in Gebir—

"Apply its polished lips to your attentive ear,
And it remembers its august abodes,
And murmurs, as the ocean murmured there."
Nichol's "Phenomena and Order of the Solar System."

The business of constancy chiefly is bravely to stand to and stoutly to suffer those inconveniences which are not otherwise possible to be avoided. —*Montaigne.*

How safe is treason, and how sacred ill,
When none can sin against the people's will—
Where crowds can wink, and no offence be known,
Since in another's guilt they find their own!

Dryden.

"Niagara" is said to be an Iroquois word, signifying the thunder of waters. The Indians pronounce it Niagára, but Americans and Canadians universally Niágara: the latter accentuation is sanctioned by the author of "Letters of the Fudge Family," who proposes in one of them,

"'stead of pistol or dagger, a
Desperate leap down the Falls of Niagara."

Duncan's "Travels."

THE HOUSEWIFE'S CORNER.

SALLY LUNN CAKES.

Take eight pounds of flour, two pounds of butter, eight ounces of sugar, and six eggs. Melt the butter in a warm pan, then break the eggs into a basin, and add the butter and sugar to them. Whisk them till they are first warm, then cold; make a print with the flour and empty in the eggs, &c. Then take one quart of water, break the whole into a smooth dough, have some tins buttered, roll a part of the dough into large thin sheets and cut it into sizes. Place them on the tins a little apart from each other, and put them into a warm oven, after having brushed them over with a little milk.—Madoc, Tow Law.

PORRIDGE.

The ordinary way of making porridge is the following: Put as much water as is likely to be required into a saucepan, with a sprinkling of salt, and let the water boil. Half a pint of water will make a single plateful of porridge. Take a knife (a "spurtle" is the proper utensil) in the right hand, and some Scotch or coarse oatmeal in the left hand, and sprinkle the meal in gradually, stirring it briskly all the time; if any lumps form, draw them to the side of the pan and crush them out. When the porridge is sufficiently thick (the degree of thickness must be regulated by individual taste), draw the pan back a little, put on the lid, and let the contents simmer gently till wanted; if it can have two hours' simmering, all the better, but in hundreds of families in Scotland and the North of England it is served when it has boiled for ten minutes or a quarter of an hour; less oatmeal is required when it can boil for a long time, because the simmering swells the oatmeal, and so makes it go twice as far. During the boiling, the porridge must be stirred frequently to keep it from burning to the saucepan, but each time this is done the lid must be put on again. When it is done enough it should be poured into a basin or upon a plate, and served hot with sugar or treacle, and milk or cream. The very best method that can be adopted for making porridge is to soak the coarse Scotch oatmeal in water for twelve hours or more (if the porridge is wanted for breakfast it may be put into a pie-dish overnight and left till morning).—*Cassell's "A Year's Cookery."*

IRISH STEW WITH AUSTRALIAN TINNED MEAT.

Boil six onions, sliced, in a quart of water, with six large potatoes peeled and cut in half; pepper and salt pretty freely; when boiled tender, but not broken, thicken the gravy with flour and brown it; then take small pieces about three inches square and one inch thick of Australian mutton, pepper and salt them, and turn them over and over until well covered in flour; fry in a little fat, place in the centre of the dish, put the potatoes round and a few over the meat, pour over the gravy, and serve. A few light dumplings made with one teaspoonful of baking powder to a pound of flour, may be served with the stew.—*Cassell's "Dictionary of Cookery."*

Rev. A. T. Wood.—At present we shall not reprint the portrait and sketch of Dr. F. R. Lees. The former is not satisfactory, and we hope shortly to issue a better one in substitution of it. We may then issue an extended notice of the Doctor and his works. Your kind interest is appreciated.

PORTRAITS.

The following Portraits are in preparation:—

SIR WILLIAM JENNER, F.R.S., &c.
RIGHT HON. SIR STAFFORD NORTHCOTE.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, Esq., C.B.
&c., &c., &c.

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HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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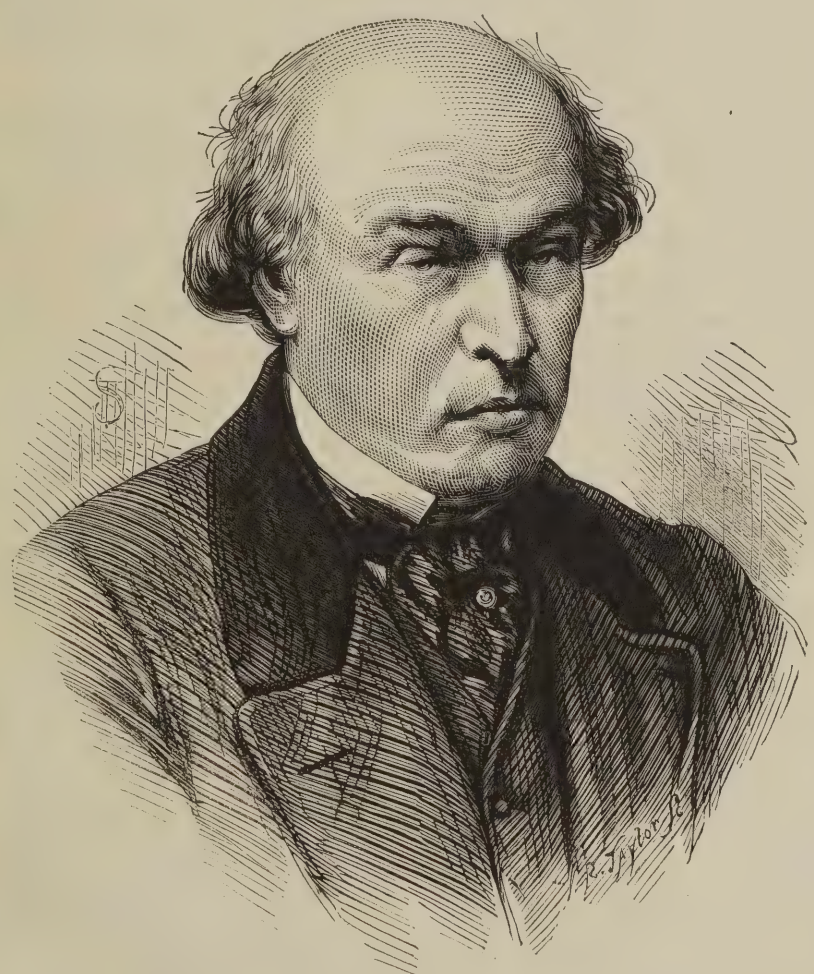

SIR WILLIAM JENNER.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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SIR WILLIAM JENNER.

SIR WILLIAM JENNER, Bart., K.C.B., M.D., F.R.S., whose portrait we have pleasure in giving this week, is no less distinguished as a sanitarian than he is eminent as a physician. From its commencement he has been President of the Parkes Museum of Hygiene, and his influence has done much to secure for that useful institution the measure of success it has at present attained.

Sir William Jenner was born in 1815 at Chatham. He was educated at the London University College, and commenced his professional career as a general practitioner. His first public appointment was that of Surgeon to the Royal Maternity Charity. In 1844 he retired from general practice, having graduated M.D. Lond. He became a Member of the Royal College of Physicians in 1848, in which year he was appointed Professor of Pathology and Anatomy in University College, and Assistant Physician to the University College Hospital. He was elected Fellow of the Royal College of Physicians, and appointed to deliver the "Gulstonian Lectures" before the College, in 1852 ; and during the same year he became Physician to the Hospital for Sick Children, then established. In 1853 he was appointed Assistant Physician to the London Fever Hospital. In 1854 he became Physician to the University College Hospital, and Professor of Clinical Medicine in 1857, and Professor of the Principles and Practice of Medicine in 1862.

Dr. Jenner was appointed to succeed Dr. Baly, in 1861, as Physician Extraordinary to the Queen ; and in 1862 he was gazetted Physician in Ordinary to Her Majesty, a position he still holds. He was one of the physicians in attendance upon the late Prince Consort in his last illness. In 1863 he became Physician in Ordinary to the Prince of Wales, and his services have been continually commanded by various members of the Royal Family, both in this country and upon the Continent. Upon his appointment as Physician to the Queen, he resigned his connection with the Fever Hospital ; and in 1862 he ceased to be Physician to the Hospital for Sick Children.

Sir William Jenner is the author of numerous medical works, including papers on fever, the acute specific diseases, diphtheria, diseases of children, disease of the heart, lungs, skin, &c. He was the first medical writer who succeeded in defining and establishing, beyond dispute, the difference in character between typhus and typhoid fevers. In 1864 he was elected a Fellow of the Royal Society, in 1868 he was created a baronet, and, in recognition of services rendered during the severe illness of the Prince of Wales, in 1872 he was made a K.C.B.

As already stated Sir William Jenner is an ardent sanitary reformer. He was present and took part in the opening ceremony at the Parkes Museum on the 29th of June last, when, in proposing a vote of thanks to the Home Secretary for presiding on the occasion, he said :—

"We have just heard from one of the Secretaries of State that the homes not only of the poor, but the homes of the rich, are in a very unsatisfactory condition. I tell you that a large, number of them are in a dreadful condition. I am sent for into the country every now and then, and I go down to a sort of palace in which typhoid fever or diphtheria has broken out. What do I find? Cesspools underneath the house, or rotten drain-pipes. I tell the owner the cause of the mischief. 'Oh,' it is said, 'we have had the best sanitary authorities down from London, and they have done this and that.' But what was really needed has not been done, and the reason is that the people who have been employed to do the work really know nothing about their business. Not long ago I had to inquire into the sanitary state of a public office. It was in a very bad state. Soon after I met one of the public men engaged there. 'Now, really,' he said, 'it was too bad ; you put me to great expense, for when I went home and looked into the state of my own house I found it so bad that I was obliged to put it in order immediately.' Another reason for the very unsatisfactory state of the dwellings of the rich is that many people are very unwilling to have their houses pulled about even when the evils of bad construction are pointed out. A very melancholy case of the death of the mistress of a mansion came under my notice recently. The appearance of the interior of the house was all that could be desired—the gilding, the paper, the decorating, were in the most perfect taste—but the sanitary arrangements were defective and bad. 'Ah,' said one of the family, 'half the money rightly applied in making necessary alterations would have saved that valuable life to her husband and family.' It is ignorance that is at the root of the evil, and that is why we want our Parkes Museum to flourish. It is most difficult to teach people what is really necessary to health. 'All that a man hath will he give for his life,' but he does not like doing that from which he is not sure of receiving some benefit ; he will spend anything in gratifying his palate, but he does not like to spend it on what he conceives to be a mere theory."

After speaking of University College Hospital, and of the alterations then about to be made in the building, Sir William Jenner continued :—

"Men are all selfish (I speak in a broad sense), and if I could impress upon the peer in his palace the fact that the village at his feet is in such a state that it will bring typhoid fever and destroy his heir he would alter it at once. When typhoid or diphtheria has come and swept through his family he wishes the right precautions had been taken. For many years it has devolved almost entirely upon my profession to teach the laws of health. I am glad to see to-day two Secretaries of State showing the interest they take in the subject by their presence on this occasion, and in the chair a man to whom the country owes a deep debt of gratitude. Mr. Godwin has expressed a wish that the Government would pay more attention to sanitary matters and less attention to war. Both the right honourable chairman and his colleague, gentlemen, are giving us evidence that sanitary matters do engage their attention and lie very near their hearts. They must attend less to war, or we should have no sanitary affairs at all."

HOME RELATIONSHIPS.

By Rev. Peter Dean, Walsall.

No. II.—Husband and Wife.

As pointed out in my paper on "Courtship," there comes a time in the history of most men and women when each has to decide between the claims of father and mother on the one hand, and the lover, or beloved one, on the other. When this momentous crisis does come, it is natural for the decision to be made in favour of the one comparatively unknown and untried, and against the best friends the man or woman will ever know. The words of Desdemona to her father, when she had married Othello, are then the words of most daughters, and equally express the thoughts of most sons as well :—

"My noble father,
I do perceive here a divided duty :
To you, I am bound for life and education ;
My life and education both do learn me
How to respect you ; you are the lord of duty ;
I am hitherto your daughter : but here's my husband ;
And so much duty as my mother showed
To you, preferring you before her father,
So much I challenge, that I may profess
Due to my lord."

So it has ever been—is ever likely to be. "For this cause shall a man leave his father and mother and cleave unto his wife, and they two shall be one flesh."

But this step having been taken—the father and mother having been left for the husband or wife—what is the righteous relationship which the latter ought to bear to each other? What are their respective and mutual duties? These are the important considerations I am wishful to bring before my readers in the present paper ; for I am anxious that each shall consider for himself, as well as read the views I have to put before him.

The first point to decide with respect to the relationship of the husband and wife is this : Ought it to be one of the fairest possible equality, or of superiority and inferiority? In other words, ought the husband and wife to stand as nearly equal as circumstances will allow, or ought the husband to be thought inferior to the wife, or the wife to the husband? And as a consequence, ought either to have a right to command, and the other the duty to obey? I raise this question first, because it is patent that in this country, as in most others, superiority and inferiority in the relationship of husband and wife is largely the accepted doctrine ; superiority being held to rest with the husband, and obedience to her husband being held one of the highest of wifely virtues. No doubt this belief largely prevails because of people thinking they find it in the Hebrew and Christian Scriptures. They think that Eve is there set forth as derived from, and inferior to, Adam ; and that all through the Jewish economy the subjection of wives is maintained. They read St. Paul's words, that "the head of the woman is the man," and that "wives ought to submit themselves to their husbands," but forget to put along with these the Apostle's other words, that in Christ Jesus all are equal—that in Him there is neither "male nor female, bond nor free." Then the marriage service most largely used in this country makes the wife to say that she will always obey her husband, but does not call upon the husband to say a word about obeying his wife. This subjection of wives is further enforced in our English laws ; there is one law for the husband and another for the wife. According to law the husband alone can vote ; and can alone do scores of other things which are denied to the wife. In the divorce court a husband can get a divorce from a wife if she has been guilty of adultery alone, but the wife cannot for the same reason get a divorce from her husband ; she must prove cruelty, as well as adultery, against him. If, again, we look through the literature of our country, we in this also find the wife's inferiority largely maintained. In "Paradise Lost" Milton thus makes Eve to answer Adam :—

"What thou bidst
Unargued I obey ; so God ordains.
God is thy law—thou mine ; to know no more
Is woman's happiest knowledge and her praise."

After reading this, as Milton's idea of a wife's position, we cannot be surprised that his own wife ran away from him. I know if I were a woman, and the wife of a man who believed thus of wives, I should feel inclined to run away too.

Shakespeare, again (who also found it difficult to live comfortably with his wife), makes Katharine to declare, in "The Taming of the Shrew" :—

"Thy husband is thy lord, thy life, thy keeper,
Thy head, thy sovereign ; one that cares for thee ;
And for thy maintenance commits his body
To painful labour, both by sea and land ;
To watch the night in storms, the day in cold ;
And craves no other tribute at thy hands
But love, fair looks, and *true obedience*—
Too little payment for so great a debt. '

Thus I might go on, giving quotation after quotation, and illustration after illustration, showing how general and deeply rooted amongst us is the conviction that the wife is inferior to, and ought to obey, the husband. It exists amongst us as a "survival" from the low stage when superior physical strength was the only standard accepted, and has been fed and continued by man's vanity and false theology. It is one of those pernicious doctrines, which gradually are discredited and abandoned as civilisation, enlightenment, and real religion (not mere ecclesiasticism or theology) advance. For, how far have women the same rights allowed them as men? is ever a practical test by which you can measure the stage of civilisation reached by a country.

I hold that the true relationship between husband and wife ought to be that of perfect equality, so far as nature and circumstances will allow. Either this, or the whole theory of marriage is outraged ; for how can the man and wife be one (and only in proportion as they are one are they truly married) if one is to be superior and the other inferior ; if one is to be the lord and master and the other the servant? When marriage is as it ought to be, it is a partnership, the wife having just as much in the concern as the husband ; for both ought to have everything they have in it, and equally ought to strive their best to make it successful. Their rule ought to be one of "give" and "take," not of "command" and "obey." The husband and wife are one ; they are married into each other, and are not to be considered as separate. In the true marriage theory the woman carries the husband in her, and

the husband carries the wife in him. They are one in God; they are interchangeable. If considered individually, they, in the spirit of true love, both govern and both obey. There is no inferior and superior, and one has no more right to command and be obeyed than has the other. In the marriage service the bride ought to be asked to undertake nothing in the way of obedience, which is not also put upon the bridegroom; and either two rings ought to be used or none at all. Except such as God himself ordains, there ought to be no difference made respecting the position of the husband and wife, for it is not for men to set up their artificial and conventional distinctions between them. The husband, as the wife, sinks his individual rights in marriage. Henceforward there is no such thing as *mine* and *thine* for them; only *ours*—and those who ought alone to say "ours" must be equals.

I hold over the remainder of my paper on this subject till next week.

THE AUDIPHONE.

Mr. Richard G. Rhodes, of Chicago (where I am now staying), has invented an ingenious instrument, which he calls the Audiphone. It is intended to supplement the ear in cases of partial deafness, and has been of great value in enabling many deaf persons to hear sounds of all kinds, and even spoken words. It consists essentially of a diaphragm of vulcanised india-rubber, somewhat similar to the diaphragm of the telephone, and of somewhat peculiar construction. It is very thin and elastic, and cut in the form of a square with rounded corners, so as to present a collecting surface not much less than one square foot in extent. For convenience of adjustment it is furnished with a neat hard rubber handle, and in this form might readily be mistaken for a fan of ordinary Japanese pattern. When in use, the edges of the diaphragm are made to approximate towards each other by a silken cord, so as to present a convex surface towards the speaker. The deaf person holds the Audiphone by the handle, with the upper edge resting lightly on the upper teeth, and he is then ready to listen. Sonorous vibrations of all kinds striking on the curved surface of the Audiphone are imparted to the teeth as sensible vibrations, and are then conveyed through the teeth and the bones of the head to the internal ear. The auditory nerve conveys the resulting sensation to the brain precisely as if the vibrations had reached the internal ear in the usual way. It is, however, essential that the internal ear itself should be without any defect sufficient to impair its action, for otherwise no vibrations reaching it in any way could produce effects of which the brain could (so to speak) take cognisance. Also, it is essential that the auditory nerve be perfect. Thus practically the Audiphone is an instrument for supplementing the powers of the external ear only. The most satisfactory results have therefore been obtained when the instrument has been used by persons congenitally deaf; for deafness from disease generally involves loss of sensibility in the auditory nerve, rather than injury to the structures (bony and membraneous) concerned in hearing. A young man who had been deaf from infancy heard with the Audiphone words spoken in the tone of ordinary conversation. We are told, and can well believe it, that every one who thus saw the deaf made to hear was affected by his delight at the recovery of a lost sense. A little girl who was born deaf indicated by signs and looks of surprise that she heard the sound of voices; but having never before heard any sound she did not know the meaning of the words. Instruments were placed in the hands of a class of deaf mutes, and a lady sang, accompanied by the organ. At the sound of the first notes the faces of the mutes expressed great surprise, and when the voice of the singer rose and fell, and the harmony of the accompaniment blended with the voice, the pleasure of the listeners was manifested in the most lively manner. Their faces glowed, and their hands moved up and down, as the pitch of the air rose and fell. Some of the mutes waved their hands with a peculiarly graceful movement, to show that they could distinguish between the volume of the crescendo passages and that of the less loud portions. The inventor claims that totally deaf persons may be able to hear ordinary conversation by the use of the Audiphone, and that they may then be taught to speak. But it is certain that some deaf persons are not in any degree aided by the Audiphone. It serves as a convenient means of determining whether, in any given case, deafness results from injury to the external ear, or from defect in the internal ear or the auditory nerve. A writer in *Scribner's Monthly* remarks that, from personal observation with the Audiphone, "It appears to convey the sonorous vibrations to the ear through the teeth, just as a long wooden rod held in the teeth will convey the vibrations of the sounding-board of a piano, though the piano is in another room, and out of hearing by the ear. In using the Audiphone during conversation, there is no movement or vibration felt by the teeth; in listening to a piano there is a very faint sensation, as if the Audiphone vibrated slightly; while with the handle of the Audiphone resting on the sounding-board of the piano the vibrations are so violent as to be painful to the teeth. By closing the ears a person with even acute hearing can observe the admirable manner in which the instrument conveys spoken words to the ear."—R. A. Procter in the *Newcastle Weekly Chronicle*.

DIETETICS.

VEGETARIAN DINNERS.

By H. S. F.

Mr. Ernest Hart has practically proved that we spend a deal too much on dining. He lately gave a dinner of eight courses at a penny per head per course. But we doubt whether a penny ice, a penny mince-pie, and a pennyworth of curried eggs or scalloped lobster, would be healthy fare day after day. His dinner reminds us somewhat of the old Paris restaurants of our boyhood, where, close by the Palais Royal, in some narrow street now Haussmannised, you could dine (?) for 6½d., getting about a vinegar-cruet full of wine, and for "sweets" a couple of tiny stewed apricots, and for dessert three raisins and an almond. It was pretty, and neatly served; but after it was gone you felt irresistibly moved to call, like Oliver Twist, for more.

The vegetarian dinner at the Alpha Food Reform Restaurant, 428, Oxford Street, certainly does not fail in quantity. We defy any one, even in this hungry weather, to get through more than a dish of "green peas, potatoes, and sauce" (a little like green peas-pudding, but more toothsome, owing to a dash of vinegar and oil) followed by one of "savoury pie." This latter mess (we use the word in the honourable old English sense) is a splendid thing for cold weather; it is sent up steaming hot, and tastes like Cornish fish-pasty, though we could identify none of its constituents, except haricot beans. Fish it could not have contained; though Professor Newman now allows weaker brethren (under the name of associates) to compromise matters by including fish in their dietary. Equally satisfying, and as good an imitation of flesh meat as the savoury pie was of fish, appeared to us the "Carne pot and sauce." The soup costs 4d., the pies 5d. or 6d., and if stewed prunes (excellent—they are as hard to stew properly as potatoes are to boil) are added for a finish, the dinner will cost a little more than Mr. Hart's, but we fancy in point of nutriment it will be about ten times as valuable. The hard thing is to get vegetarian cookery at home. Cooks are the most conservative of mortals, except perhaps those wives who take a part in housekeeping. Then, undoubtedly, there are difficulties. The whole-meal bread, by which vegetarians justly set such store, and which, well made, is so delicious, is very puzzling even to cooks accustomed to bake at home. The vegetarian magazines are full of recipes for ensuring its being light, or rather not too leaden. Again, in vegetarian cookery the *ozmazome* of the meat (that flavour which pleased the old gods so well that they seldom demanded anything more solid) must be supplied by giving expression to the different dishes. One gets this at Oxford Street, but home attempts usually result in a series of variously coloured parritches, all tasting pretty much alike.

However, to those who have to trust for dinner to a second-rate dining-room, we recommend a visit to the Alpha. What they get will be far wholesomer, far more nutritious, than the flabby, sodden roast mutton, swimming in fat, or the hard, sinewy lump of beef, even though it is cooked "without extra charge on a silver grill." There is a tolerable amount of variety in the soups, haricots, and puddings of several kinds, and those

who wish to dally with asceticism, and yet not lose flesh and nerve force, may try once a week a dinner on "Anglo-Scotch parritch and milk," which is the very cheapest and best three-pennyworth we ever tasted.

Of course strong drinks are interdicted; though it is noteworthy that monks, when they cut off flesh-meat, find a little thin wine all the more necessary. Perhaps the vinegar and spices do the same work for the vegetarian. Anyhow, for three halfpence he can have a glass of excellent milk; the only costly item on the list (for a good salad at 4d. cannot be called dear) being "fruit and bread," for which (even if it is only an apple) he will have to pay 7d. This struck us as extraordinary last autumn, when sweet, sound Jersey grapes were selling in the streets for 4d. and 6d. a pound.

But the Alpha is in its infancy; by-and-by there will be, we hope, in other parts of London a Beta and a Gamma, and ever so many more letters, at which, perhaps, will be developed more enterprise, accompanied with a larger number of waiters. At the Alpha we only found one, who must have envied Briareus his complement of arms. However, perhaps it is part of the system to help digestion and correct our insular tendency to hurry through our food by giving ample time between the courses.

There was time, too, to watch one's fellow-feeders, numbering some thirty, in the front room (there were were fifty more, we were told, in the long room behind). They were of various types—from the ordinary shopman and artisan to the lean, anxious-looking philosopher with portentously high forehead, and the chubby-faced, spectacled young student, with a very red nose, whose dinner consisted of parritch, followed by salad (eaten on principle, because the celery contains so much brain-making stuff).

But more interesting than the guests were the wall-placards. It is hard to be told at our time of life that "beef and bacon are delusions." But here you have the figures before you (and they are, of course, stubborn things). "Oh, the roast beef of old England!" is the heading of a table which shows that the amount of nutriment which, if supplied in the form of beef, costs £6 10s. 10d., and which in fish would cost £2 3s. 3d., may be had in the shape of bread for 18s., of wheat flour for 16s., of oatmeal for 14s., and of split peas for 13s. If only a man could live always on peas-pudding, he might far outdo Professor Nichols' trick of "living on sixpence a day." Of course there are *contras* to be taken into account; for instance, an old Cambridge scientist, when a worrying would-be scientific lady blandly asked, "Dear doctor, what is the cause of the wind?" replied in a hoarse whisper, "Pea-soup, madam;" and probably peas-pudding is open to the same charge. Still it is certain we do eat a deal too much flesh meat; and, if the vegetarians can persuade us to lessen the quantity, they will be public benefactors. One of them, Mr. Couchman, who last year dined nearly two hundred children in Newcastle at a total cost of 16s. 2½d., publishes a tract, in which he shows "How to marry and live well on a shilling a day." He winds up by saying, "The true girl is to be sought for;" she is to be had (he confidently affirms); but if she is guaranteed both to be content with the weekly dietary that he lays down, and also to set herself steadfastly against "furs, jewellery, nonsensical headgear, wasteful furbelows, and airs and mincing ways," we submit that she is a *rarissima avis*. The man, on his part, must "throw away that cigar, shun strong drinks, and scorn a poor, fashionable society that thinks itself rich, and vainly tries to think itself happy."

This, however, is strong meat for philosophers, who being flesh abstainers, claim to have their harmless hobbies by way of compensation. But thousands who would never think of taking Mr. Couchman's advice, who would wisely shrink from adding yet more to the vast sum of human poverty, may yet get great benefit both to health and pocket by dining pretty frequently at the Alpha. One dinner will convince them that flesh-meat is no more essential to keeping up animal heat than is strong drink. Savoury-pie is as warming as ox-tail soup; and there is much more "stay" in it. In the same way a parritch breakfast is every way better than one of tea or coffee, perhaps with toast, which means bread out of which a certain amount of the nutritive elements has been subtracted; and those who tire of oatmeal may try hominy or a mixture of lentils and corn-flour. No one who thus begins the day need have any fear of being (as St. Jerome said of Belagius) *pultibus pragravatus Scoticis*. We cannot hold with Professor Newman that "flesh-eating is the food of barbarism," but we are sure that almost every one eats too much animal food, and that it is a fallacy to urge that a vegetable feeder must have a stomach of cast-iron. All that is needed to digestion is to make food palatable. Hashed mutton and other family dinners are often the very reverse of this, and the consequences are seen in a craving for stimulants which is never felt by the vegetarian. One result we hope will follow from the vegetarian movement—an increased consumption of fruit, leading to such a utilisation of roadsides and railway-cuttings as is the rule in so many parts of the Continent.

One word of advice. Philosophers must condescend to human weakness, perhaps, allowing table-cloths, though we prefer the bare, marble-topped tables of the Alpha to the more than suspicious table-cloths of many dining-rooms. This is an advertising age, and we are sure the Alpha is not sufficiently known; when we inquired we were told "the advertisement had just run out." Nor is the public awake to the fact that there is also a partially vegetarian restaurant at the Ludgate Circus. Moreover, it is not every one who cares to dine among thirty hungry parritch-eaters. Why not set up a second dinner at a later hour and charge rather more per *plat?* The truth-seeker might then come and feed at his ease, and report accordingly.—*The Graphic.*

OLD ENGLISH BREAKFAST FARE IN A BARONIAL FAMILY.

Breakfast for my Lord and Lady: First, a loaf of bread in trenchers, two manchets, a quart of beer, a quart of wine, two pieces of salt fish, six baconned herring, four white herring, or a dish of sprats.

Breakfast for my Lord Percy and Master Thomas Percy: Item, half a loaf of household bread, a manchet, a bottle of beer, a dish of butter, and a piece of salt fish, a dish of sprats, or three white herring.

Breakfast for the Nursery, for my Lady Margaret and Master Ingeram Percy: Item, a manchet, a quart of beer, a dish of butter, a piece of salt fish, a dish of sprats, or three white herring. And except the season of Lent, and fish days, the ordinary allowance for this part of the family throughout the year was as follows:—

BREAKFASTS OF FLESH DAYS DAILY THROUGHOUT THE YEAR.

Breakfasts for my Lord and Lady: First, a loaf of bread in trenchers, two manchets, one quart of beer, a quart of wine, half a chine of mutton, or else a chine of boiled beef.

Breakfasts for my Lord Percy and Master Thomas Percy: Item, half a loaf of household bread, a manchet, one bottle of beer, a cheeking, or else three mutton bones boiled.

Breakfasts for the Nursery, for my Lady Margaret and Mr. Ingeram Percy: Item, a manchet, one quart of beer, and three mutton bones boiled.—*Sir John Hawkins's "History of Music."*

FRESH MEAT FROM AUSTRALIA.

A MOST successful experiment has been accomplished by the importation of about thirty tons of fresh meat from Sydney and Melbourne, which may possibly lead to a new era in the meat trade. The enormous increase in the quantity of fresh meat received from America proves that an important trade has been developed between the United States and England; but whether the same success will attend the establishment of a regular supply of fresh meat from the Australian colonies, which are four times the distance America is from England, remains to be seen. The promoter of the experiment just tried is Mr. T. McIlwraith (of the firm of McIlwraith, McEacharn, and Co., Leadenhall Street), and the vessel which conveyed the meat is the "Strathleven," one of Burrell and Son's line of steamers, now lying at the West-quay, East India (Import) Dock, and on board of which several gentlemen attended on Friday, the 6th, by invitation to inspect the "meat-room" and the machinery, and to practically judge of the quality of the food by partaking of a luncheon consisting of Australian fresh meats.

On November 29th the vessel left Sydney, having on board 55 carcasses of beef, and 357 carcasses of mutton. She proceeded to Melbourne, where an addition was made to that portion of her cargo by the shipment of 5 carcasses of beef, and 205 carcasses of mutton, the total weight being from thirty to thirty-three tons. The "Strathleven" is 1,588 tons register, 2,436 tons burthen. She left Melbourne on December 6th, passing through the Suez Canal, and arrived at London on the 2nd inst. The whole of the meat must therefore have been killed about two months since.

The chamber in which the carcasses were stored is about 26 ft. square, and 6ft. 6in. in height, and connected with it is an engine fitted with refrigerating apartments, the air being drawn out of the room, compressed and chilled, and then forced back again through about 300 ft. of piping. By these means an average temperature was kept during the voyage of from ten to fifteen degrees of frost; on Friday, although until the middle of the day the engine had not been at work since Sunday or Monday, the temperature was 23 deg. Fahrenheit. The carcasses were dressed in the same way as they are in butchers' shops. About three tons of butter were also brought over in the same department.

The vessel was twenty-three days in the tropics, and in the Red Sea the temperature was from 72 deg. to 74 deg., but no difficulty was experienced in keeping the "meat-room" at 12 deg. of frost. It was not found necessary to have the engine constantly at work, and no chemicals were used.

After the inspection, the company sat down to luncheon, amongst those present being Mr. A. McIlwraith, Sir R. Torrens, Alderman McArthur, M.P., Mr. A. McArthur, M.P., Dr. B. W. Richardson, Sir A. Blyth, Mr. T. McIlwraith (Premier of Queensland), Mr. A. G. Anderson, Mr. S. Yardley (representative of the New South Wales Government), the Hon. Mr. Lyttelton, Mr. P. Montefiore, Mr. F. Young (secretary Royal Colonial Institute), &c. The *menu* comprised lamb cutlets, beef olives, stewed chops and asparagus, minced collops, roast beef, mutton, and lamb, boiled mutton, and corned beef. Of course, opinions differed as to the merits of the respective joints, some contending that the beef had retained more of its natural flavour than the mutton, and others that the mutton had suffered less than the beef by the process to which both had been subjected.

Subsequently, Mr. A. McIlwraith, who presided, gave the usual loyal toasts, after which Sir R. Torrens proposed "The Colonies of Australasia." The Premier of Queensland (Mr. T. McIlwraith), in replying, said it was the immense undeveloped resources of that colony which prompted the Chairman to try the experiment of which the success had been proved that day. About £5 per head had been paid for the bullocks, which would have cost £28 or £30 per head in England. He referred to the immense capabilities of New South Wales and Queensland for producing meat, and expressed the belief that in the future a great trade would be developed. They could produce meat and sell it at a profit of 2d. per lb., and he had no doubt it could be placed before the British public for 4d. per lb. Mr. A. McIlwraith, in responding to the toast of his health, said that the meat was purchased at about 1½d. per lb., and was expected to realise 6d. to 7d. in Smithfield Market. He hoped that in a short time he would be able to collect such information as would show that this meat could be imported on a much larger scale. If they could bring from 100 to 150 tons per week to England, it would relieve the surplus produce of the Australian colonies. During the afternoon the sheep and quarters of beef, upon which the frost could be seen, were disembarked, in order to be sent to Smithfield Market.

"THE HUMBLE ONION" AND GARLIC AS REMEDIES IN ASTHMA.—"The Humble Onion" respectfully begs to draw attention to the fact that not one half of its valuable qualities were enumerated in *Land and Water* of the 10th. It has the authority of "Hasselquest" for stating that it is the identical vegetable the children of Israel longed for when wandering in the wilderness, and we all know that onions in Egypt are far sweeter than those grown in our own cold climate, for they possess much more saccharine matter than the strong-tasting English bulbs do. The old Egyptians swore by the garlic and onions in their gardens. These were their household gods. "The inhabitants of Pelusium adore the onion," wrote Lucian, and we find constant allusions to both onions and garlic in Horace, as well as in Virgil, proving, beyond all doubt, the antiquity of the now called vulgar vegetable. The odour is certainly not delicate, and the flavour pungent, but boiling destroys all these disagreeables, rendering the onion soft and most nourishing. The most delicate persons can eat Spanish onions that have been first boiled in water and lastly in fresh milk, without suffering any bad effects; but our home-grown bulbs are not adapted in a crude state for bilious invalids or irritable people. The onion is a powerful anti-scorbutic, being at the same time stimulant and nutritive. The juice will relieve the pain caused by the stings of various insects; it is invaluable if applied instantaneously in the case of a wasp sting. I was once badly stung in the nape of the neck and on the throat when giving directions to our gardener near a plum tree in full fruit; but the man had heard of the onion cure, and was prompt in pulling one up, and, cutting it with his pocket-knife, told me how to apply it. It eased the pain in a very short time, but the smell from the sulphuretted oil contained in the juice was on the following day indescribably horrid. I could not get rid of it from the roots of my hair for days. Onion juice is also a serviceable application in case of burns, although when applied to a healthy, uninjured portion of the skin it will produce inflammation, or, at any rate, great redness. It is very valuable for medicinal purposes, and is constantly given, mixed with sugar, honey, or milk, in coughs, asthma, and other pulmonary diseases, but garlic was in even greater repute amongst the ancient physicians, and all foreigners prefer the more powerful flavour of the latter, which is so diffusible that it may be detected in the flesh and eggs of fowls which have partaken of it. Garlic, too, is—or rather was—one of the reputed plague antidotes—a preservative against all contagious diseases, and an ingredient in that wonderful nostrum, "the four thieves' vinegar," which was so highly esteemed at the time when this country was last visited by the scourge. A Dr. Bowles made his fortune by a secret remedy for asthma, in which garlic cloves were the chief compound. He used to boil them until they were tender in a close vessel, dry them in a cloth, and put them in an earthen jar to the water in which they had been boiled. He then added an equal quantity of the best vinegar, and as much refined sugar as was requisite to form a syrup. This he poured over the bulbs, and then corked the jar. The dose is one bulb in the morning before you break your fast, and a tablespoonful of the syrup. It is a simple recipe, and one that really has been very beneficial to asthmatic people.—"H. E. W.," in *Land and Water.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: FEBRUARY 21st, 1880.

RATIONAL RECREATION.

RECREATION is one of the needs of modern town life; but recreation is not always rational. The public taste for excitement is pandered to by a large class of caterers of amusement whose exhibitions but too frequently serve to intensify the public appetite for sensation. The perilous performances of Zazel, and other imitators of that *artiste*, form a disgraceful and demoralising class of public amusements. But the recent accidents in London and Leeds are directing attention to the perils with which these performances are beset, and will undoubtedly have the effect of aiding Mr. E. Jenkins, M.P. in his attempt to prevent dangerous performances in music-halls by legislative enactment.

Under improved and more stringent legislation, however, managers will be always found sailing as near as possible to the prohibited line, and hence an elevation of the public taste is required to ensure an improvement in the character of public entertainments. From this point of view the report of the Directors of the Crystal Palace for the year 1879 presents many encouraging features. It is satisfactory to learn that the Palace enjoys an increasing popularity as a holiday resort, and we view with satisfaction the indications of the future financial success of the undertaking. From the Revenue Account for the year we learn that the receipts have exceeded the expenditure by about £35,000, the former being £120,107, and the latter £84,707. This profit is to be appropriated in the payment of £19,120 interest on six per cent. Debenture Stock; £11,227 dividend on seven per cent. Preference Stock; £2,005 one per cent. on "A" Stock; while the balance is carried forward to the new Revenue Account. At the shareholders' meeting a proposal will be submitted for raising £600,000 by the creation of "New Debenture Stock," bearing four per cent. interest to be applied in redeeming the existing Debenture and Preference Stock of the Company. If this proposal is carried through it will equalise the distribution of profits amongst shareholders and debenture holders, and materially aid in bringing about financial prosperity to the Crystal Palace Company.

The Palace is not merely a resort for recreation and amusement. It has a Literary and Educational Department, an Engineering School, and Art and Science Classes. Each of these valuable agencies enjoys a fair measure of success, the number of pupils in attendance being continually on the increase. Between four and five hundred young ladies are at the present time attending the Art Classes. The report says that "The high character of the teaching at the Palace is so well established that the Directors look forward with some confidence to the future, and hope, while maintaining the high character of the classes, to be able to render them more profitable than they now are."

It is proposed to introduce improvements in the galleries of the Palace, so as to render them more valuable for business purposes. The entertainments permitted by the Directors have, as a rule, been free from objection, and to this fact a large measure of the present popularity of the Palace may be ascribed. We believe if the management continues to exercise care in this respect, the undertaking may yet be made a paying concern. An institution of the kind, so near to the Metropolis, must become the favourite resort of all who are desirous of rational amusement and recreation, freed from the degrading accompaniments which are so frequently identified with places of public resort.

CURRENT OPINIONS AND EVENTS.

ON Friday last a meeting was held at the Egyptian Hall of the Mansion House to promote the proposed memorial to the late Lord Lawrence. The Lord Mayor presided, and the Earl of Derby, who was influentially supported, was the principal speaker. His lordship passed a high eulogium upon Lord Lawrence, of whom he said:—

"Malice itself never fastened on his reputation the imputation of one discreditable incident or one unworthy act. His work was done, and his name could now excite no envy except it might so far as his dead greatness overshadowed the living, and a friend need not fear to speak in terms of too warm sympathy of a life which afforded to an enemy absolutely no one topic for depreciation. Of Lord Lawrence's administration he would not speak with any detail, because there were others present who could do so better, and he also wished to avoid touching any controversial question. (Cheers.) But he thought he might say without offence that the policy of Lord Lawrence was one of strict economy, because he knew, and none better, the abject poverty, and the constant struggles against distress, and even destitution, which characterised the normal life of the Indian peasant, and it seemed to him a cruelty and a crime to throw on the class already so overburdened the dead weight of unnecessary taxation."

Mr. Joseph Cowen has issued an authorised report of his recent speech upon foreign policy. The speech has also been translated into Polish, Hungarian, and German.

On Friday last a coffee-palace was opened by Lord Wrottesley at Wolverhampton. The house is the eleventh belonging to the Staffordshire Cocoa and Coffee House Company.

Last week Sir Charles Dilke distributed the prizes and certificates to the successful students of the Hammersmith Science and Art Classes. Regarding art training in this country, Sir Charles said :—

"We are all aware that very great progress has been made by this country in these things during the past ten or fifteen years, especially with regard to elementary science, whilst there has also been rapid progress in art, in which we were previously very much behind other countries in Europe. A greater show is made in France, but more money is spent in England. Our South Kensington system embraces a larger number of elementary students. On the other hand, our provincial schools are not equal to those in France. We can only hope that enormous numbers of young men and women who have been trained in the elementary branches of art will, by their action, tend to give us, in the course of time, those higher kinds of instruction of which we still stand in need. We do possess in London peculiar advantages for these studies. There is no place in the world, with the exception of Rome, and with the doubtful exceptions of Paris and Munich, where art students have greater advantages than in London. Provincial towns often represent in Parliament that they are in a comparatively prejudiced condition. It must be remembered that we pay an increased price for our telegrams for the benefit of the country at large. We have the pictures, too, in London, that are paid for by the country. We ought to see that we make good use of the advantages we undoubtedly possess. We cannot expect the same delicate artistic perceptions as you have in countries where you have the benefit of a sun almost always shining. At the same time, it is possible to fight with weapons which even art gives against such disadvantages as London fogs. There is a means of improving interiors by means of colours, judiciously used. There is a reaction against colour in this country, and a fear of copying other countries, which has manifested itself in wall-papers, but there is too much reason to fear that we shall go too far in this direction, because warmth and colour are necessary in this country, if not in others."

On Saturday last Professor Tyndall lectured on electricity at the Working Men's College, Great Ormond Street. The Professor, after describing and experimenting with a battery, said :—

"The principle of this machine, he sometimes thought, resembled the mind of man, which, by a series of reactionary forces and influences, enabled him the better to understand and control nature. In the result, all this motive-power was derived from the vegetable world. Though we fed on meat —that is to say, on the flesh of animals—they in turn fed on vegetables. Whence came the energies of the vegetable world? The vegetable world fed itself on two distinct kinds of food—first, on carbonic acid gas—the acid gas, in fact, which we breathed out—the very same gas which bubbled from champagne and soda water. Certain aqueous vapours were also absorbed, and the leaves of plants were the most marvellous store-houses of those substances that could be imagined. These leaves also had the power of receiving and absorbing the solar rays, while they decomposed carbonic acid and the aqueous vapours. A tree gathered to itself the carbon and liberated the oxygen, which was then sent into the air. In the growing up or building of the tree a certain amount of solar rays had to be absorbed, and the tree thus built up, if burnt, would restore exactly the amount of heat expended by the sun in building it up. Thus the whole of the energy, or motive-power, might be traced directly to the action of the sun."

A few years ago, when coal reached so high a price, a coal-mining company was formed at Leeds on co-operative principles. The shareholders, chiefly working men, were to have ten per cent. of the profits, and the surplus was to be divided amongst the workmen. The scheme has not succeeded, and at a meeting of shareholders held on Saturday last, with the Mayor of Leeds in the chair, the society was changed to an ordinary limited company.

Ventilation Needed in Schools.—Dr. Richardson says that he was severely criticised some years ago for energetically reporting, in respect to a large country workhouse, in which the children were all ill, and in which ophthalmia, ringworm, eczematous eruptions, sore throats, and other kindred ailments of the skin and mucous membranes were persistently breaking out, that the whole of the mischiefs were due to the polluted air of the school-room. But the criticism affected the fact just as little as it did him, and he was rejoiced to discover that when the anger that was excited had passed away, and the improvements he suggested had been carried out, the diseases ceased, and the general health and all the children improved forthwith.

The Physician's Cane.—The following plan was formerly adopted by physicians, to prevent them from receiving infection. They used a cane with a hollow head, the top of which was of gold pierced with holes, like a pepper-box. This top contained a small quantity of aromatic powder or of a snuff, and entering a house or room where a disease, supposed to be infectious, prevailed, the doctor would strike his cane on the floor to agitate the powder, and then apply it to his nose. Hence all the old prints of physicians representing them with canes at their noses.

Lessons in Cookery.—During the last fortnight, Miss Ross Smellie, of the Yorkshire School of Cookery, has been giving lessons in the Northumberland Hall, High Friar Street, Newcastle-on-Tyne. They have comprised superior cookery, every-day cookery, and invalid cookery. The excellent manner in which Miss Smellie gives her lessons is beyond all praise. There is an entire absence of fuss, parade, and pretension. In clear and intelligible language, she explains the why and the wherefore of her mode of cooking, and shows by experiment how wholesome and toothsome dishes may be obtained at a less cost than indigestible and wasteful messes. Not the least valuable feature of her lectures is the application of gas to cooking, which is economical, and causes the minimum of trouble. It is to be desired, in the interests of both rich and poor, that those excellent lessons of Miss Smellie should be listened to, digested, and carried into every-day practice. The lectures continue for four weeks longer.—*Communicated.*

Meat First Sold in Joints.—The following extract from Stowe's "Annals," under the year 1535, edit. 1592, p. 959, furnishes us with the first instance of a great change in the practice of butchers, and their mode of supplying their customers : "It was this yere enacted that butchers should sell their beefe and mutton by weight, beefe for a halfe-penny the pound, and mutton for three farthings ; which being devised for the great commodity of the Realme (as it was thought), hath proved farre otherwise, for at that time fat oxen were solde for six and twenty shillings and eightpence the peece, fat weathers three shillings and fourpence the peece, fat calves of the like price, a fat lambe for twelve pence. The butchers of London solde penny peeces of beefe for the releife of the poore, every peece two pounds and a halfe, some time three pounds for a penny : and thirteen, sometimes fourteene of theese peeces for twelvepence ; mutton eightpence the quarter, and an hundred weight of beef for foure shillings and eight pence ; what price it has growen to since it needeth not to be set downe. At this time also, and not before, there were forraine butchers permitted to sell their flesh in Leadenhall-market of London."

DR. JUNOD'S HÆMOSPASIA.

II.

In the short notice of this method of treating disease given in our issue for January 3rd, we promised some further notes explanatory of the system, with information respecting the results obtained from it.

Dr. Junod tells us that at the commencement of his medical studies he visited the Alps, the Pyrenees, and other mountains, to enable himself to observe the physical effects of atmospheric pressure at various altitudes. He noticed that as he ascended the greatest heights the pulse increased in frequency and diminished in volume. He says :—

"I attributed this phenomenon to the fact that under a diminished tension of the atmosphere a natural derivation took place on the capillaries of the cutaneous and pulmonary surfaces. I then asked myself whether it would not be possible, by means of a pneumatic chamber, to reproduce these effects at will, and thus obtain an energetic derivative action on the blood, by means of a compressed air bath, which would prove of value to medical science. Experience alone could test this theory, and convince me that I was correct in my estimation of the value of aërotherapeia, and without waiting until my medical studies were completed, I had the first pneumatic apparatus constructed in 1829.

"Finding that I was in the presence of the unknown, I proceeded to submit myself to various pressures, from the lightest up to that of five atmospheres; and I ascertained from personal experience that the strongest were sometimes followed by reaction, if the transitions were not carefully watched, that two-fifths of atmosphere were more efficacious than higher pressures, and that in general it was well not to exceed a half-atmosphere.

"These physiological experiences led me on to therapeutical researches, and convinced me of the value of compressed air baths, especially in the treatment of emphysema, and in certain general conditions of the organism, especially that of anæmia.

"After having obtained these first results by compressed air baths, I submitted myself to similar experiments with regard to the effects of rarefied air baths.

"As soon as I had brought the rarefaction of the air to a degree approaching that of the summit of Mont Blanc, I experienced the same sensations of faintness as those I had experienced at great altitudes.

"I then ascertained the beneficial derivative effects of a bath of rarefied air in the treatment of certain inflammations, whether acute or chronic; but I fixed the limit at one quarter of atmosphere—a limit which should not under ordinary circumstances be exceeded, as fainting might ensue if the vacuum were carried too rapidly in excess of a third or a half atmosphere.

"Some medical men who witnessed my first therapeutic results sent me their patients for treatment, and amongst others a young person affected with cerebral meningitis—a case considered hopeless.

"It occurred to me for the first time, when dealing with this critical case, to isolate one of the extremities, in order to submit it to the action of the vacuum. I obtained a successful derivation upon the leg, followed by considerable amelioration. Three hours after, a second hæmospasia, on the opposite extremity, caused a cessation of the delirium, and brought about convalescence.

"As soon as I found myself in possession of a new and powerful agent, less troublesome than the pneumatic chamber, I encountered fewer obstacles in the way of employing it in all the Paris hospitals.

"The good results obtained made me consider it a duty to extend the system of hæmospasia in France and in other countries. I went to Italy, passing through Montpelier, where Professor Delpech called the attention of his students to the applications made in the hospital of St. Eloi. I afterwards visited the clinical schools of Italy, Austria, and Germany, and later that of Strasburg, where my method had great success."

Dr. Junod, in summing up an inquiry into the various symptoms developed in high altitudes, says :—

"We find—the pulse and respiration painful and accelerated, so as to produce palpitation, and occasionally breathlessness; exudation of blood through the mucous surfaces; thirst, loss of appetite, disgust of stimulant; the nervous system is affected by faintness, giddiness, sleepiness; an extraordinary depression of muscular force; and great dryness of the skin and mucous membrane—all dependent upon the rarefaction of the atmosphere in high altitudes."

From 1833 Dr. Junod has devoted himself to experimenting and to perfecting the apparatus. Numerous papers have been read by him before the leading Continental medical societies, and he has been rewarded by several prizes and other awards.

In experimenting with his apparatus upon a healthy subject Dr. Junod found that the hæmospasia produces two distinct actions, apparently contradictory, but in reality acting in concert —1. A superficial congestion of one or two members, according as the action is simple or double. 2. An anæmic state of the rest of the body.

He adds :—

"With people whose blood is rich in fibrine and globuline, the local congestion is more persistent. The displacement of fluids is more easily attained with youth than with age, and faintness rarely supervenes with children.

"Hæmospasia acts as a rapid sedative, which is useful in the treatment of cerebral, thoracic, and abdominal affections, as I shall show in the third part of this work. I have to call attention to some principal points relating to other physiological modifications :—

"1. The lowering of vital functions—respiration, circulation, temperature—internal and external.

"2. Abundant and continuous perspiration, which plays a critical part, and can be utilised in the treatment of certain affections.

"3. Tendency to produce sleep, or, at least, a calm and placid condition.

"These phenomena constitute so many elements of counter-stimulation, of which it is easy to perceive the importance in therapeutics."

In a subsequent issue we shall describe the action of the treatment in a few leading diseases, and give a number of cases successfully treated by it.

The Cremation Society of Milan.—The inauguration of the new crematorium at Milan took place on December 26th, 1879, under the presidency of Dr. de Cristoforis, who is president of the society. The members of the society now number more than 200. During the three years it has existed, 48 cremations have taken place, among which was that of Alberto Keller. Most of these cremations were either at the expressed testamentary wish of the subjects themselves, or by desire of their friends. The special furnace used at Milan is that of Gorini, and it bears on it the number two, the first of the kind having been erected at Lodi, where there are already 10 cinerary urns. The subject of the cremation was the body of a young girl, which was completely reduced to ashes in less than two hours.—*British Medical Journal.*

THE ARTISANS' DWELLINGS ACT (1875.)

[METROPOLITAN BOARD OF WORKS, FEB. 6TH.]

THE Works and General Purposes Committee reported the result of the inquiry before a special jury on the appeal by the Board against the final award of Sir H. A. Hunt in the claim of Miss Emily Jones, in respect of her interest in land and buildings required for the Whitecross Street scheme under the Artisans' Dwellings Act, 1875. They submitted in accordance with the resolution of the Board of December 12th, 1879, a statement explanatory of the time that has elapsed and of the several steps taken by the Board in carrying out the Artisans' Dwellings Act, 1875, in the Metropolis, and in this they stated :—

"It will be seen from the history of this scheme that there has been no avoidable delay on the part of the Board, and that the long time occupied in the progress of the scheme through its various stages has been mainly due to the numerous and protracted formalities prescribed by the statute, and to the difficulty in disposing of the ground when cleared. Part of the delay may, no doubt, be accounted for by the fact that the procedure has been new and unfamiliar to those who have been called upon to carry it out, and, so far as this is so the time occupied in the fulfilment of the other schemes will be less in proportion as the procedure becomes more familiar. The time occupied, however, cannot be other than protracted, so long as the formalities to be observed remain as now prescribed, and so long as there is the same indisposition on the part of investors to buy the ground or take it on lease for the purpose of erecting improved dwellings for working people. All that the Board can promise is that there will be no lack of goodwill or diligence on its part in giving effect to the intention of the Legislature, and in endeavouring to diminish the evil which results from the existence of large numbers of the poorer class of people in places unfit for human habitation."

Reporting on a letter from the Whitechapel District Board, the Committee submitted certain objections to the obligations to rebuild labourers' dwellings, as provided by the Street Improvement Acts, and by the Artisans' Dwellings Acts, &c.; and recommended that the District Board be informed that the subject is receiving the careful attention of the Board in connection with the provisions of the Amendment Act of last session, and that every effort will be made to remedy the evils referred to in their letter.

The report was agreed to; and it was resolved, in reference to that part relating to the operation of the Artisans' Dwellings Act in the Metropolis, that it should be sent to the various vestries and district boards, and to the Members of the two Houses of the Legislature.

THE METROPOLITAN ASSOCIATION FOR IMPROVING THE DWELLINGS OF THE WORKING CLASSES.

THE tender of Mr. Grover for the erection of Model Buildings at Stoke Newington for this Association has been accepted. The dwellings, which are to cost £15,734, will be built from the plans of Messrs. Davis and Emanuel, Architects, of 2, Finsbury Circus.

A QUAKER'S TOAST.—Here is a Quaker toast that has a thought in it "This is me and mine to thee and thine. I wish when thou and thine come to see me and mine, that me and mine will treat thee and thine as kindly as thee and thine have treated me and mine." This is a new version of the old complaint, which runs something after this wise: "I wish thee and thy folks loved me and my folks as well as me and my folks love thee and thy folks. For sure, there never was folks, since folks was folks, that ever loved folks half so well as me and my folks love thee and thy folks."

The fireside is a seminary of infinite importance. It is important because it is universal, and because the education it bestows, being woven in with the woof of childhood, gives form and colour to the whole texture of life. There are few who can receive the honours of a college, but all are graduates of the hearth.—*Fireside Education.*

There is no greater cause of melancholy than idleness, no better cure than business, as Rhasis holds; and howbeit to be busied in toys is to small purpose, yet hear that divine Seneca—"Better do to no end than do nothing."—*Burton's "Anatomy of Melancholy."*

HAPPY HOURS.

BY MRS. J. M. O'CALLAGHAN.

HAPPY hours are meteor lights on the sky of life,
The silken down upon the flower, when with beauty rife;
They are angel visits from a brighter world than this,
That softly breathe around us the odour of its bliss.

They are like the sunbeams that dry the tears of morn,
And seek to still the moans of night, re-echoed by the dawn.
But yet the flowret's down and the sunshine will not last,
Again the tear is shed, and the wind comes sighing past!

The wind comes sighing past, and on its tristful breath
The leaves of beauty flutter, low at the feet of death:
To death—the ghastly monarch—are brightest tributes paid,
And in his icy keeping their loveliness must fade.

His likeness is embosomed in every living thing,
Beneath fair Nature's robing is hid the ghastly king;
Leaf, bird, and flower, and beast, and skeleton of man,
Reveal the grim inertia of Nature's glorious plan.

And thus, it has been said, to those whom beauties win,
"You will not find them deeper than just the depth of skin."
All, all, exist to perish—except one "vital spark,"
Dropt by the "flame" divine, 'mid chambers still and dark.

And even this will vanish, like happy hours, away;
And leave bereaved ones only the tenement of clay.
Time is the frailest moth that ever plied its wings,
On which the dust of moments with zephyr lightness clings.

Time, with its happy hours, its grief, its joy, its woe,
Its wings of painted gossamer, its eyes of fairest glow,
Is but Creation's bright ephemera given
To guide with transient light our wandering feet to Heaven.

A COMPARISON.

You can't make a pig chew tobacco—
He won't meddle with whisky or beer;
Now the use of these things shows a lack o'
Good sense in we mortals, I fear;
And I own that the deepest of blushes
Suffuses my cheeks while I'm thinking
That the beast with the bristles and tushes
Has a mind above chewing and drinking.

Ah, the pig is a sensible creature—
It's as plain as the nose on your face;
And, though homely in form and in feature,
And undoubtedly lacking in grace,
He's a standing rebuke to the fellow
Who never refuses a treat,
And calmly expectorates yellow
Tobacco juice over the street.

Salem Register, Mass., U. S., Oct. 27th, 1879.

SPEED THE PLOUGH.—It is not generally known, perhaps, that the motto, 'God speed the plough'—the joyous sentiment of English harvest homes—sprang out of a rebellion. There was a great deal of 'plucking down of enclosures, and laying waste of fields to enlarge the common lands,' in the early part of the sixteenth century: and in 1549, the practice led to an agrarian insurrection in the midland and north-eastern counties. The rebels, on that occasion, bore a banner, on which was inscribed 'God speed the plough;' and this is the first instance on record of the use of the phrase.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

Trust no friend whom thou hast not proved; there are more of them at the table of feasting than at the gate of the prison.

A man had three friends, two of whom he loved dearly, but the third indifferently, although this one had the sincerest affection for him. On one occasion he was summoned to the seat of justice, where, though innocent, he was strongly accused. "Which of you," said he, "will go with me and give evidence on my behalf, for I am strongly accused and the king is angry?" The first of his friends excused himself immediately. "He could not go with him on account of business." The second accompanied him to the door of the tribunal, but turned again and went back from fear of the angry judge. The third, upon whom he had the least relied, went in, spoke to him, and testified so courageously for his innocence that the judge acquitted and rewarded him. Man has three friends in the world, how do they behave in the hour of death, when God demands him to judgment? Gold, his best friend, forsakes him first, and goes not with him. His relations and friends accompany him to the door of the grave, and return again to their houses. The third, which while living he often forgot the most, are his good deeds. They alone accompany him to the throne of the judge—they precede him, speak for him, and find mercy and grace.—*Herder.*

Over and above the delight and the virtue of obliging, one good turn is a shoeing-horn to another. This, of all hints, is, perhaps, the most effectual, as well as the most generous.—*Seneca.*

As an enemy is made more fierce by our flight, so Pain grows proud to see us truckle under her. She will surrender upon much better terms to those who make head against her. In retiring and giving ground we invite and pull upon ourselves the ruin that threatens us.—*Montaigne.*

The grand contention's plainly to be seen,
To get some men put out, and some put in.

Daniel Defoe.

One hour spent in soberly looking into the rights of things is more likely to make men act with good sense, and with effect, than whole years spent in clamorous railing.—*Cobbett.*

The badness of times frequently depends more on those who govern the ship than on the weather.—*Zimmermann.*

We have offended, O my countrymen!
We have offended very grievously,
And been most tyrannous. From East to West
A groan of accusation pierces heaven!
The wretched plead against us; multitudes
Countless and vehement, the sons of God,
Our brethren.

Coleridge.

What is a people? An individual of the society at large. What is war? A duel between two individual people. In what manner ought society to act when two of its members fight? Interfere and reconcile, or repress them. *Volney.*

He is unfit to rule others who cannot rule himself.—*Plato.*

Who thinks that fortune cannot change her mind
Prepares a dreadful jest for all mankind.
And who stands safest? Tell me, is it he
That spreads and swells in puffed prosperity,
Or blest with little, whose preventing care,
In peace provides fit arms against a war?

Pope.

There is not so poor a book in the world that would not be a prodigious effort were it wrought out entirely by a single mind, without the aid of prior investigators.—*Johnson.*

There is a cunning which we in England call the turning of the cat in the paw, which is, when that which a man says to another, he says it as if another had said it to him.—*Bacon.*

The Perfect Brick.—Mr. Smeaton and other correspondents can obtain full particulars on application to Hart's Perfect Bond Brick Company, Palace Chambers, St. Stephen's, Bridge Street, Westminster. Communications should be addressed to the secretary.

THE HOUSEWIFE'S CORNER.

WHOLE WHEAT-MEAL GINGERBREAD.

One and a quarter pound of wheat-meal, one pound of treacle, a quarter pound of sugar, a quarter pound of butter, three-quarters of an ounce of caraway seeds bruised, three-quarters of an ounce of ginger, three-quarters of an ounce of lemon-peel, half a pint of new milk, one teaspoonful of soda. Bake in very slow oven.

FRIED TURNIPS.

Boil three or four turnips till they are three-parts dressed. Take them up, drain them, cut them into slices, and fry them in hot fat till they are lightly browned and quite tender. Drain them, and serve with fried or boiled cutlets. Or peel them and cut them into very thin slices. Let them lie in cold water for an hour, and drain them. Dissolve a slice of butter in a stewpan, and in this steam a tablespoonful of chopped onions for five minutes. Put in the slices of turnip, sprinkle a little pepper and salt over, and let them steam till they are soft. A spoonful or two of water may be added if there is any fear they will burn.—*Cassell's "Dictionary of Cookery."*

NORFOLK DUMPLINGS.

Take half a pint of milk, two eggs, and a little salt; make it into a batter with flour. Have ready a clean saucepan of boiling water, into which drop the batter. Let the water boil fast, and two or three minutes will boil them enough; then throw them into a sieve to drain the water from them, turn them into a dish, and stir a lump of butter among them. Eat them hot.

BREAD-AND-BUTTER PUDDING.

Cut some slices of thin bread-and-butter, and have ready some currants, picked and washed. Butter a dish and lay slices of the bread-and-butter on the bottom of it; then strew some currants over them, then lay another row of bread-and-butter, then some more currants, until the dish be full. Then beat up four eggs, add a pint of new milk, a little ground cinnamon, nutmeg, grated lemon-peel, four or five bitter almonds, blanched and crushed, and sugar to your taste; also a very little salt. Mix all these together and pour them over the bread-and-butter. Bake it half-an-hour.

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PORTRAITS.

The following Portraits are in preparation:—

RIGHT HON. SIR STAFFORD NORTHCOTE.
THE MARQUIS OF SALISBURY.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, Esq., C.B.
&c., &c., &c.

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HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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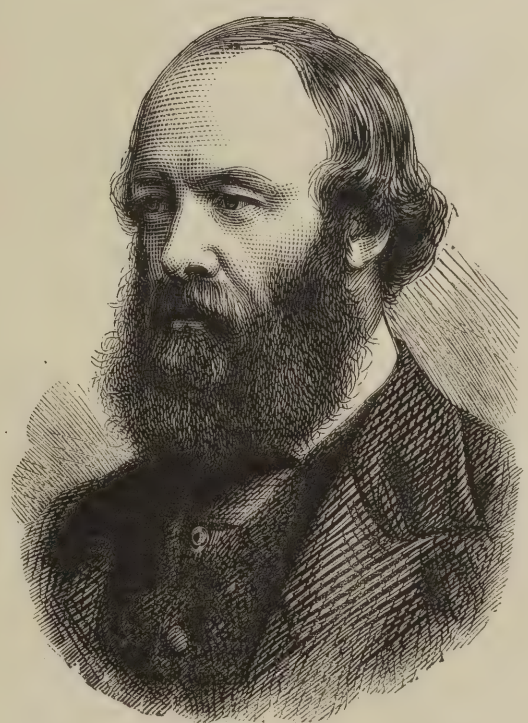

THE MARQUIS OF SALISBURY.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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THE MARQUIS OF SALISBURY.

THE Right Hon. Robert Arthur Gascoigne-Cecil, K.G., Marquis of Salisbury, the eldest surviving son of the second Marquis of Salisbury, was born in 1830 at Hatfield, and educated at Eton and at Christ Church, Oxford, where he graduated, and was elected a Fellow of All Souls' College in 1853.

He was elected M.P. for Stamford, in the Conservative interest, in 1853, and he represented that constituency until he succeeded to the Marquisate on the death of his father, in April, 1868. In the Lower House he was known as Lord Robert Cecil until June, 1865, when, on the death of his elder brother, he assumed the title of Viscount Cranborne. In 1857 he married Georgiana Caroline, daughter of the late Baron Alderson.

His lordship is an ardent supporter of the Established Church, and a persistent opponent of constitutional changes. He has been a frequent contributor to the *Quarterly Review* and to other Conservative periodicals.

In July, 1866, he was appointed Secretary of State for India in the late Lord Derby's third Administration ; but he resigned that post and quitted the Government on account of differences respecting the Reform Bill, in March, 1867. Lord Carnarvon and General Peel also gave in their resignations at the same time. He succeeded the late Earl of Derby as Chancellor of the University of Oxford, being elected in November, 1869. With Lord Cairns he acted as an arbitrator in the matter of the London, Chatham, and Dover Railway.

When Mr. Disraeli formed his present Administration, February, 1874, his lordship was appointed Secretary of State for India. At the close of the war between Servia and Turkey, the Marquis of Salisbury was sent as Special Ambassador to Constantinople ; and he and Sir Henry Elliot acted as joint plenipotentiaries of Great Britain at the Conference. His lordship left England November 20th, 1876, and visited *en route* Paris, Berlin, Vienna, and Rome. After a preliminary meeting, held at the Russian Embassy, in Constantinople, the formal Conference was opened on December 23rd ; Midhat Pasha, at this time, promulgated a new constitution of the Ottoman Empire. Lord Salisbury acted as leader at the Conference. On Sunday, 14th January, he had an audience with the Sultan, at which he pressed upon His Majesty the institution of a mixed Turkish and International Commission of Supervision, and demanded that the Powers should ratify the first appointment of the governors, intimating that unless these points were conceded, the Ambassadors would at once leave Constantinople. On January 18th a special meeting of the Ottoman Grand Council, consisting of about 140 Mussulmans and 60 leading Christians, rejected the proposals of the Powers. The Conference held its last sitting on January 20th, and Lord Salisbury immediately returned to England.

On April 2nd, 1878, Lord Salisbury became Secretary of State for Foreign Affairs, in succession to the Earl of Derby, who resigned and withdrew from the Ministry. He wrote the celebrated despatch enunciating the policy of the Government in relation to the Eastern Question. With Lord Beaconsfield, he was representative at the Berlin Congress, and on their return to this country he was invested by the Queen with the Order of the Garter. On August 3rd he was entertained with Earl Beaconsfield at a grand banquet at the Mansion House, after receiving the Freedom of the City of London.

The Marquis of Salisbury has been unable to attend to his Parliamentary duties during the present Session, owing to ill health ; but, as his condition is not such as to alarm his friends, his early attendance in Parliament is expected. His lordship is a member of the Council of King's College, London, Deputy Lieutenant of Middlesex, and Hon. Col. of the Herts Militia. He was for many years Chairman of the Middlesex Sessions.

PROFESSOR FAWCETT, M.P., ON BLINDNESS.

AT an entertainment, given on the 17th inst., at Victoria Park Chapel, to some 150 blind persons, Professor Fawcett, M.P., addressed the audience, which consisted of about 1,500 persons, as follows :—

Unlike some of you, who have probably been deprived of sight from your childhood, I did not lose my sight until manhood, until I was about twenty-five years of age ; and when an event happened to me which suddenly and for ever deprived me of sight, I felt that the common-sense thing to do was to take, as it were, stock, and see how the new and changed life could best be lived. Many friends came forward with kind advice, and they said to me, prompted, no doubt, by the best of motives, 'You will have to live a life of quiet contemplation.' Well, it did not take me long to come to a distinct conclusion that that was not the best course to adopt, and I resolved, and have kept firmly to that resolve—and I can unhesitatingly say to any one who in future may be deprived of sight, that the best thing to do is, if you have lost your sight, live as far as possible exactly the same life as if you still enjoyed your sight. Of course there are many things which it is impossible for us to do, but there are many things we can do. I am often struck, I may say amazed, at the display by others who are blind of a wonderful dexterity to which I lay no claim.

But when I was twenty-five, and when I lost my sight, there were many pursuits in life of which I was passionately fond, and I determined that all those which I could follow I still would continue to follow, and I have done so, and derived, perhaps, as much pleasure from them as I did in days of yore. It has been said that I am a skilled angler. I am not that, but I may say that there is no one who more enjoys than I do catching a salmon in the Tweed or Spey, or throwing a fly in some chalk stream in Hampshire or Wiltshire, in spots which I remember well ; I enjoy as much as any one a gallop over the turf with some friend who will accompany me ; I can appreciate all the health-giving vigour of a long row from Oxford to London ; and during the late long frost, although it nipped up a great many people, I don't think there was any one in the country who in the companionship of a friend more enjoyed a fifty or sixty miles' skate over

the Fens. I should nothing more regret than that it were supposed that I refer to these facts in my life in any spirit of boasting or vaingloriousness. I would not have referred to them did I not feel extremely anxious to tell those who have to carry on life under the same circumstances as I have, that there is still for us an abundant store of pleasure and enjoyment if we only have the courage and determination to avail ourselves of it.

It is often said of those who suffer from any affliction, that there is in nature a wonderful power of compensation. Well, will you allow me to tell you what is the chief compensation I have found? A blind person, although he can do many things, can do scarcely anything without the assistance of some friend or helpmate. The assistance required may be slight, but it is indispensable and essential, and, to my mind with regard to blindness, the silver lining to the dark cloud, the compensation which we derive, is to find the wonderful and inexhaustible fount of human kindness that there is in this world, and to appreciate, as we must appreciate, every moment of our life, the cordial and the ready willingness with which the service which we need is generously offered us. (Cheers).

In consequence of a munificent benefaction of some £300,000, which has been lately left by Mr. Gardner, for the benefit of the blind, there has been much discussion in the public press as to the agencies most calculated to promote the welfare of the blind. I speak with considerable diffidence on this subject, because there are others, like Dr. Armitage, and Mr. Campbell, the able superintendent of the Normal College for the Blind, at Norwood, who have devoted more attention to the subject than I have.

It seems to me, however, that with regard to this question there are two distinct classes to consider—those who are blind from childhood, and those who have been deprived of sight in after life. With regard to children who are blind, I have no hesitation in saying that the greatest service you can render to them is not to rear them in the bonds of charitable dependence, but to send them forth in the world to earn their own living, and stand upon their own resources. Until quite lately, we have been somewhat backward in this country in training the youthful blind to earn their own maintenance. In the United States something like 92 per cent. of those who are blind in childhood earn, or almost earn, their own living. Until quite recently the proportion in England was very insignificant, not more than 25 or 30 per cent.; but a change has happily now taken place.

The college at Norwood has been well supported, and I know not how the wealthy can better bestow a portion of any wealth they may be able to spare than in still further supporting it. Already I believe no less than 70 or 80 per cent. of the children who had been educated there are at the present time earning their own living. With regard to the adult blind I would say—Don't immure them in great institutions; don't, if possible, imprison them in the walls of some large establishment. Home to them, with all its indescribable joys and pleasures, has the same charms as it has to others. An admirable suggestion has been made that there should be a conference held of those who can bring any experience to bear as to what methods can best be adopted to promote the welfare of the blind, and I think one of the most important matters which should be decided is which of the eight or nine different systems of printing for the blind now before the public is the best. This done, we shall be able to multiply literature for the blind four or five fold. (Cheers.)

MR. JOSEPH COWEN, M.P.

The demand for the number containing our portrait and sketch of Mr. Cowen was so great that we had to print a second edition of it. The press has been very liberal in noticing the issue; and several papers have reprinted the biographical sketch. The *Eastern Morning News* said of it:—

"*House and Home*, for February 14th, gives a highly interesting biographical sketch of the senior member for Newcastle, accompanied by a most faithful likeness of the subject of the notice. The portrait and the sketch seem as it were, commentaries upon one another, so much does what is said in the letterpress bear out on the one hand what we should infer as to the character of the man whose physiognomy we see before us, and the likeness on the other hand leads us to expect to find what we do in the biography. From both our view is strengthened that Mr. Cowen, as a present day politician, is what Thomas Carlyle is as an historian and philosopher—a man whose views when most divergent from those of other people are often most worthy of respect; who looks at everything through his own spectacles, and whose own moral standard of judgment carefully applied to all he says or does makes him scorn 'tradition and ceremonious duty' in everything which does not accord with his own notions of rectitude. As compared with the rank and file of his compeers, Mr. Cowen is a moral Colossus. Men whose allegiance to party sometimes blinds their love of truth, are often puzzled and perplexed at the apparently erratic course he takes, for he is a man who, so far as it may be humanly discerned of him, yields nothing to expediency. No one knows better than he does how to sacrifice the seeming advantage of the moment to bring himself nearer the realisation of his own ideal of life, in which, to partly use his own words, men will believe in something holier than 'the ledger,' teach a more ennobling faith than the cold Materialistic creed of this work-a-day world, and proclaim that man as man, whatever his outward garniture, is greater and grander than all the creations of his genius. Belief in the sincerity of this poet-politician has always preserved for him the respect of those who deplore the heterodoxy of many of his views and the eccentricity of his action. He has won for himself a national reputation, and therefore this notice of him in *House and Home* must be largely read. People to whom he is comparatively unknown will do well to study this analysis of an 'original' character, whose influence is now so widely recognised by Liberal and Tory alike, and who, of all men we know, most completely realises our idea of the independent politician."

In an extended article in the *Blackpool Herald*, "Tatler" says:—

"I have much pleasure indeed in calling attention to last week's number of *House and Home*, a weekly journal published in London, in which are ably discussed such important questions as sanitary house-construction, overcrowding, improved dwellings, hygiene, building societies, dietetics, and domestic economics. The number is, however, specially noteworthy, as containing a well-written sketch of the career of Mr. Joseph Cowen, M.P. for Newcastle-upon-Tyne, whose attitude towards the foreign policy of the present Government has created quite a sensation in political circles. I happen to know Mr. Cowen well. It is safe to say that during the last quarter of a century there has been no resident in the large tract of country comprised between Leeds and Edinburgh who has been so much under the public eye, none who have gained so large a share of the genuine respect of all classes of the community, nor one who deserves that respect more than Mr. Joseph Cowen. . . . . Like other notable speakers, he was trained, in early life, on the temperance platform. When quite a young man, at his own expense he got up political meetings in the towns and villages of Northumberland and Durham, and with two or three friends after his own heart, addressed hundreds of meetings year after year. When Liberalism was at a low ebb in other parts of the country, Mr. Cowen, almost unaided, kept the principle alive in that portion of the North of England. Mrs. Harriett Beecher Stowe, in her book entitled 'Sunny Memories of Foreign Lands,' remarks that when she visited Newcastle she was told that it was 'the hotbed of democracy in the North,' and mainly owing to the eloquence and influence of Mr. Joseph Cowen."

HOME RELATIONSHIPS.

By Rev. Peter Dean, Walsall.

No. II.—Husband and Wife (*continued*).

Though I contended in my last paper for there being equality of the husband and wife, as nearly as nature and circumstances will allow, I by no means intended to imply that the husband and wife are always naturally equal. I do not believe they are. But the natural superiority is not always with the husband, nor the natural inferiority always with the wife. On the contrary, it as often occurs that the wife is the natural superior of the husband, as it does that the husband is the natural superior of the wife; or, that if it is not so now, it would be if women had equal chances of developing their capacities with men. As an American author well says: "A well-educated young woman, fond of Goethe, and Dante, and Shakespeare, and Cervantes, marrying an ill-educated young man, who cares for nothing but his horse, his cigar, and his bottle, who only knows how to sleep after dinner, a 'great heap of husband,' curled up on the sofa, and in the evening can only laugh at a play, and cannot understand the Italian words of the Opera, which his wife knows by heart—she, marrying him, will not accept the idea that he is her *natural* lord and master; she cannot look up to him, but rather down." Surely, in cases like this (and they are quite common) there is what the French proverb terms "A hawks' marriage—the hen is the better bird."

Still, however apparent this natural superiority and inferiority in the husband or wife, and whether the advantage be with the one or the other, I think it desirable that both should try to overlook it; that both should try to see in the other an equal—two in one, and not two in two. Nor do I, notwith-

standing what I have already said, think that there ought to be no obedience shown. But it ought to be shown by both—by the husband to the wife, as much as by the wife to the husband. There ought never to be a contest as to which shall rule and which shall obey, but the two ought to rule each other by obeying each other—each ought to conquer by stooping. As Pope writes of the wife—

> "She, who ne'er answers till a husband cools,
> Or, if she rules him, never shows she rules,
> Charms by accepting, by submitting sways,
> Yet has her own way most, when she obeys—"

so it ought to be with the husband; the one little rule of Epictetus, "Bear and forbear," if alike acted on by man and wife, would almost be sure to give marital happiness.

Passing now from the relationship—equal rights and whole love—which ought to exist between the married, I proceed to offer a few brief observations on their duties. Here, again, I must introduce the element of equality, as far as nature and circumstances will allow. The husband and wife's duties are reciprocal, equal. It is the husband's duty to do all he can to promote the welfare of his wife, and it is the wife's duty to do all she can to promote the welfare of her husband. I am sick of this one-sided sentimentality, which throws so much on the love of the wife, and so little on that of the husband; which makes the very same thing shocking if manifested by the former, and little to be thought of if shown by the latter. How speakers at temperance, religious, and social meetings are constantly lecturing wives—telling them if they did this, that, or the other, they would keep their husbands at home, and away from the public-house in the evenings, and yet scarcely ever lecturing husbands as to how they might make their wives much happier and more comfortable than they do. "How," say these one-sided sympathisers, "can you expect your husbands to stay at home in the evening if you have clothes-drying going on in the room, the hearth unwhitened, and the children crying? Is it any wonder that he leaves you, and goes to the public-house, where he can sit in comfort?" But if the husband is not to be expected to bear this after his day's work, why should the wife, after, perhaps, her hard day's work at washing? If the husband has not to put up with the children for an hour or two at night, how is the wife to be expected to do both that and bear with them all day too? If, instead of thus throwing more than a fair share upon wives, public speakers would point out to husbands their duty to help their wives in their domestic difficulties—ay, even to taking a share in tidying up the house, or helping to get the children to bed—also that every penny spent at the public-house to make *one* comfortable is so much taken away from what ought to be spent upon the home to make *two* comfortable, there would be much more done towards promoting happy homes, than with the one-sided advice which is now given till it is almost sickening. If it be true, which it undoubtedly is, that "A good wife makes a good husband," that "A man has to have his wife's permission to get on," that "A man's wife is his best or worst friend," is it not all equally true reversed and applied by wives to husbands? The saying of the old play, "A good husband makes a good wife any time," may not be universally true, but it is just as much so as is the converse saying, that "A good wife makes a good husband." Husbands ought to remember of their wives, wives ought to remember of their husbands, that each alike (as *Shylock* says of Jews and Christians) have "hands, organs, dimensions, senses, affections, passions—are fed with the same food, hurt by the same weapons, subject to the same diseases, healed by the same means, warmed and cooled by the same summer and winter," that, in short, what one needs and ought to have, the other needs and ought to have. The case of the two can accordingly be met only by perfect justice, by the golden rule, by one loving the other as he or she loves himself or herself. I would therefore say to all wives, avoid all jealousy, anger, and recrimination, the plague and bane of domestic intercourse. When the husband crosses the threshold of your home, go and meet him with open arms, and let the smile of your lips and eyes shine upon him like a blissful ray of the sun. He may have faults, if so try to correct them, not by pedantry, but by the mildness that is peculiar to your sex. But he cannot fail to have some good quality, and in order to be able to love him, think more of his worth than of his failings, for as Milton has beautifully and truthfully said—

> "Nothing lovelier can be found
> In woman than to study household good,
> And good works in her husband to promote."

But if I say this to wives, I say something similar to husbands. I say they are called upon to do every whit as much to promote the happiness of their wives, as their wives are called upon to do to promote theirs. Those resolves upon his marriage which the eminent American, Theodore Parker, was found to have made, are well worthy of being made those also of all married men. "Since," he had written in his private note-book, "by the will of God a wife is to be given me, it is becoming that I prescribe for myself rules and laws; therefore, by God's help, I here resolve, promise, and bind myself steadfastly to observe the following regulations: 1. Never, except for the best of causes, to oppose my wife's will. 2. To discharge all services for her sake freely. 3. Never to scold. 4. Never to look cross at her. 5. Never to weary her with commands. 6. To promote her piety. 7. To bear her burdens. 8. To overlook her foibles. 9. To love, cherish, and ever defend her. 10. To remember her always most affectionately in my prayers. Thus, God willing, we shall be blessed."

So the first great duty of husband and wife is to endeavour above all things to promote their mutual well-being. This is the first and greatest commandment of married life. The principal virtues by which this commandment is to be obeyed are domesticity, industry, economy, love of order, and, above all, affection. *Domesticity* demands that husband and wife shall alike love home better than any other place in the world—the very word husband comes from *house bonda*, and meant to its Anglo-Saxon originators, the house-dweller; *Industry* demands that both shall at all times perform their duties steadily and perseveringly; *Economy* demands that both shall avoid all unnecessary expenses; *Love of Order* demands that both shall endeavour to give each thing its proper place, and to do each duty at its proper time; and *Affection* demands that each shall love the other with the wisest and deepest love. It may be these are not all the virtues which married life demands, but they are the chief, and I would to God that they were more common than they are, for in that case thousands of homes which are now hells would be turned into heavens upon earth.

My next "Home Relationship" will be that of "Parents and Children."

THRIFT PAPERS.

By T. Bowden Green.

No. VII.—*Everyday Thrift.*

Everyday thrift, or thrift in everyday life, though an easily acquired virtue, is a comparatively rare one. Care and attention with regard to small expenditures is what is chiefly required for its development. The majority of thriftless people are not thriftless by extravagance, so much as thriftless in constantly frittering away in petty disbursements what would amount in the course of a year to a very considerable sum. Needless, if not altogether useless, articles run away with amounts that the purchasers themselves would often be the most surprised at, were the sum total occasionally mentioned to them.

All this, of course, matters but little to the wealthy, but those whose incomes are but limited should carefully exercise the virtue of everyday thrift if they would make the most of their incomes, and have a margin on the right side at the year's end.

It is so easy to make purchases when we have the money in our pocket, but how often is this done without considering whether there are not special matters for which it ought to be put by. Those whose incomes are of a stated amount would do well to draw up a list of those items which have to be periodically paid, such as rent, taxes, butchers and bakers' bills, servants' wages, &c., and set aside from the periodical receipts, whether weekly, monthly, or quarterly, the requisite amounts for all such inevitable expenses. Then should follow a list of probable expenses, household and individual wants, sums likely to be required for travelling, for charitable purposes, collections, and occasional expenses; and when these have been duly provided for, it can then be more easily seen what amount will be available for pleasures and luxuries, for presents, for "unnecessary trifles," or for putting aside as a fund for future use.

Then, again, those who desire to practise thrift should carefully consider their daily expenditure, and see in what respects a proper saving might be effected. The saving that might be effected in food alone is in most cases very considerable, but as this would require an article to itself to do the matter anything like justice I will not now enter into it.

It is probably as true now as in the days of Old Humphrey, who made the statement, that we may find two witty men, ten clever men, and twenty foolish men, before we find one prudent or thrifty man.

Surely it is time that this stigma of improvidence were removed from our midst. The question is, "How is this to be done?" Reader, you may help to answer this question by being thrifty yourself, and by striving to encourage this virtue in those around you.

Temperance is a virtue which casts the truest lustre upon the person it is lodged in, and has the most general influence upon all other particular virtues of any that the soul of man is capable of—indeed, so general that there is hardly any noble quality or endowment of the mind but must own temperance either for its parent or its nurse; it is the greatest strengthener and clearer of reason, and the best preparer of it for religion, the sister of prudence, and the handmaid to devotion.—*Dean South.*

THE REGISTRATION OF BIRTHS AND DEATHS.

I.

Before March 1st, 1837, there was no general Registration of Births and Deaths in England. Baptisms and burials were registered; but although most people who die are buried, thousands are born who are never baptised. And though the date of a funeral may be a guide to the date of the death, within reasonable limits, the date of baptism is not even approximately a criterion of the date of birth. Some are baptised on the day of their birth; many a month afterwards; a comparative few some months, or even years, afterwards; and very many not at all. Besides, the registers were imperfect in some parishes, though generally they were fairly well kept.

On the date first mentioned a new and uniform system of registration came into operation, and, with some modifications, still continues. The General Register Office has been admirably conducted, and the statistics there collected have been classified and utilised for the benefit of the public. But this is beside our subject. We cannot, however, refrain from expressing our sense of the value of the services of Dr. Farr, and our regret that he has not received well-earned promotion, in consequence whereof his rare talents are to be lost to the nation.

There is no need to dwell upon the machinery by means of which the system of registration is worked out. Superintendent-registrars and registrars know their duty; and we only aspire to write for the outside public.

Whenever a child is born it is the duty of the father or mother to give notice to the registrar of the district, in order that the birth may be registered, with full particulars of time and place of birth, name of child, name of father, present and former names of mother, rank or profession of father, &c., and the entry of these particulars in the register-book has to be signed by both the informants and the registrar. If the parents do not attend to this, then the duty of informing the registrar is cast upon the occupier of the house in which the child is born, each person present at the birth, and the person having charge of the child.

If all these persons neglect to give the requisite information for forty-two days, the registrar may give any of them notice to attend at his office, for the purpose of having the birth registered, at any time within three months from the date of birth.

The registration at the registrar's office does not cause any expense to the informant, as the registrar's fees are paid out of the rates. But any person who is willing to pay a fee of one shilling may require the registrar to attend at his or her residence in order to register the birth.

Every person required to give, and refusing or neglecting to give the requisite information, whether a parent of the newly-born child or not, is liable to a penalty not exceeding forty shillings for each offence.

After the expiration of three months from the birth, registration can be effected at any time before the end of twelve months, on payment of fees amounting to five shillings. But at the end of twelve months after the birth it can only be registered on the written authority of the Registrar-General, and on payment of ten shillings.

If the child be registered by one name, and afterwards baptised by another name, the latter name can be inserted in the register of births within twelve months after the date of registration, on production of a certificate of baptism, and payment of a fee of one shilling.

For giving a false answer to any question put by the registrar, or otherwise giving false information for the purpose of insertion in the register, the penalties are far more severe than for neglect or refusal to give any information. Fine or imprisonment, or even seven years' penal servitude, may be inflicted for offences of this class.—*Newcastle Weekly Chronicle.*

We cannot describe the natural history of the soul, but we know that it is divine. All things are known to the soul. It is not to be surprised by any communication. Nothing can be greater than it, let those fear and those fawn who will. The soul is in her native realm, and it is wider than space, older than time, wide as hope, rich as love. Pusillanimity and fear she refuses with a beautiful scorn; they are not for her, who putteth on her coronation robes, and goes out through universal love to universal power. —*Emerson.*

HYGIENE.

RAIN COLLECTED FROM ROOFS CONSIDERED AS A DOMESTIC WATER SUPPLY.

A Paper read at the Sanitary Congress, Croydon, 1879.

By H. Sowerby Wallis, F.M.S.

Meteorology and Sanitary Science are very closely connected. Meteorology deals with all the properties and changes of the atmosphere which surrounds our earth; and Sanitary Science has to arrive at the best means of keeping that air pure and in a satisfactory state for respiration, and to deal with the deposits from it, not only to prevent them injuring man, but also to obtain the greatest advantage from them in all ways.

One of the chief points of connection between the two sciences is rainfall. Meteorologists study the moisture in the atmosphere, its various forms and conditions, the causes which deposit it on the earth as rain, and the quantity deposited at various places. Then the sanitarian has to take up the question of how it shall be dealt with, which naturally divides into two branches, Water Supply and Drainage—making use of the water and preventing it doing mischief; and his chief object is so to balance the two as to get rid of it without its doing any harm, and yet to get all the good he can out of it.

We are entirely dependent on rain for our supply of water; for whether we catch the water which falls on our roofs, or obtain it from shallow or deep wells, or from streams and rivers, it is nothing more nor less than rain. The subject of Water Supply has many branches, and perhaps the most important is plenty of good water for domestic use, though the supply for manufacturing and general purposes, and for power, is of vast importance, and the different interests are generally very conflicting. The agriculturist, to prevent the water standing on his land, drains it into the water-courses, which receiving it quicker than would naturally be the case, overflow and cause mischief by floods; he also manures his fields, and some of the manure is washed down the drains, and instead of enriching the soil, pollutes the water. Then the manufacturer not only wants to receive the water clean and to send it away dirty, but, to get power out of it, he backs up the stream with dams and weirs, and causes floods above him; in short, every riparian owner wishes to receive the water pure and to empty into it all superfluous water, sewage, and refuse of all kinds, and to have absolute control over the river; not caring whether those above and below him are flooded or deprived of water altogether.

When a supply of water is wanted for a large town, the first question is where is there a large rainfall within reasonable distance. Then Geology plays an important part, the structure and natural products of the gathering ground affecting not only the quality and quantity of water that can be made available, but also the cost of the necessary works and reservoirs. For the use of towns the water can be brought in bulk, and having only to be distributed over a small area the cost though great can be easily met, but in small villages and rural districts the cost of distribution would be so great that a supply in this manner is altogether out of the question. In these districts, however, the importance of a sufficient quantity of pure water for domestic purposes is very great, and seems to be only equalled by the difficulty of obtaining it. The usual sources of supply are the small streams and shallow wells; the streams are scarcely ever pure enough for drinking, and the wells are very frequently much too near cesspools and house-drains, to say nothing of the miscellaneous organic matter with which surface water must necessarily be polluted. This is not all; one well generally supplies several cottages, and the distance which the water has to be carried prevents it being used in anything like sufficient quantity for thorough cleanliness; and in hot and dry weather, when a plentiful supply is more than ever needed, the well often runs dry, or at least, the scarcity of water causes frequent quarrels.

Perhaps the simplest solution of the difficulty is storing the water which falls on the roofs, if a sufficient quantity can be obtained in this manner, and the object of my paper is to consider this question.

The average rainfall over the British Isles varies from about 20 inches to nearly 200 inches per annum. The largest amounts being recorded in the English Lake district, and in the mountainous districts of Wales and Scotland; and the smallest in the eastern and midland counties of England. I have selected four fairly representative stations with average rainfalls of approximately 22, 25, 35, and 45 inches, on which I have based my calculations. Stations where the fall is much above 45 inches are only found in mountainous districts which are generally rocky, and consequently there is no difficulty in obtaining a supply of water from the streams, which are numerous, and in such districts usually sufficiently pure. The two average falls, 22 inches and 25 inches, may appear rather near each other in amount; my reason for adopting them was that the 22 inches was the lowest satisfactory average I knew of, obtained from a sufficiently large number of years, and 25 inches represents the fall over a larger part of the country than any other amount.

In dealing with my subject, I shall consider more particularly the supply of labourers' cottages; for although pure water is as necessary to the middle and upper classes of the community, they have the matter more in their own hands, and can, as a rule, meet the necessary expense of procuring a good supply.

Taking the average size of a cottage as 15 ft. by 20 ft., which I think is not far from correct, the average yield of water for one year, with a mean rainfall of twenty-five inches, would be 3,900 gallons, or nearly 10·7 gallons per day, but this is without allowing anything for loss in collecting, which is considerable. From measurements of the flow of water from a tiled roof in average condition, I find that about twenty per cent. is lost. First, there is the water absorbed by the tiles; then a considerable quantity is held between the tiles by capillarity; and, lastly, some is lost by splashing off the edges of the roof and out of the gutters. On a slated roof, I believe the loss might be reduced to between five and ten per cent.

Then, also, we must not calculate the supply only from the average rainfall, but from the fall in a dry year. Thus, at a station with a mean annual rainfall of twenty-five inches, the amount in the driest year is about seventeen inches. This would yield 2,546 gallons. Deducting twenty per cent. for loss, 509 gallons leaves as available supply 2,037 gallons, or rather less than 5·6 gallons per day, which would be altogether inadequate for the use of four or five persons—the presumed number of the inhabitants of the cottage.

(*To be continued*).

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: FEBRUARY 28th, 1880.

ENTERTAINMENTS FOR THE PEOPLE.

People should be guarded against temptation to unlawful pleasures by furnishing them the means of innocent ones. In every community there must be pleasures, relaxations, and means of agreeable excitement; and if innocent are not furnished, resort will be had to criminal. Man was made to enjoy as well as to labour, and the state of society should be adapted to this principle of human nature.—*Dr. Channing.*

THE wisdom of Dr. Channing's sentiments upon the means of popular recreation are beginning to be acknowledged. His view of the question was such a one as might be expected from a moral and religious philosopher, deeply versed in the needs of mankind. The degrading and pernicious character of much of the amusement provided for the people has been admitted and lamented for years; but no amount of lamentation will bring about an improvement, and, unfortunately, the religious teacher and the moral reformer have hitherto done little beyond gathering up the skirts of their garments and crossing on to the other side.

The music-hall, the gaff, the singing-saloon, and the casino, have been denounced in unmeasured terms; but they have increased and prospered amongst us, notwithstanding. And their popularity, we take it, is not so much an evidence of the total depravity of man, as it is an indication of the deeply-seated love of musical and other light recreation. Now that the philanthropic are beginning to admit this, and to turn the fact to good account, we may hope for a tide of improvement setting in. Dr. Norman Kerr, and other gentlemen, are endeavouring to establish music-halls dissociated from the sale of alcoholic beverages, and designed to give entertainments of a higher class than at present provided. This is as it should be, and we are glad to note that the attempt promises well for success.

On Saturday last Dean Stanley presided over a meeting held in promotion of this new movement, in the Jerusalem Chamber, Westminster Abbey. In his remarks the Dean gave evidence of thoroughly understanding the nature and scope of the work required. "It is obvious," he said, "that the best way of driving out bad habits and temptations is by creating good ones, and I need not say how important such an object is"—an utterance worthy to be taken as a motto for the new social reform. To Dr. Norman Kerr was entrusted the duty of presenting the scheme to the meeting; and he stated that, without any appeal to the public, already £2,000 was in hand, but at least £8,000 would be required before they made a start. "For," said Dr. Kerr, "if we start on a small scale we are bound to be a failure." And there can be no doubt of this. It was also stated, as a guarantee that the entertainments would be strictly proper, that several clergymen would be on the board of directors. The only danger we apprehend is lest the clergy should be too predominant, and the movement assume too much of the goody-goody element. If this notion attaches itself to the scheme it will work against its popularity.

But on the other hand, we know from experience and observation, how difficult it is to keep entertainments at a high level. Unless great care is exercised by the conductors, pieces of questionable propriety will, at times, creep in. The people do appreciate a good thing when it is presented to them. The Hon. and Rev. F. Byng testified to the fact that in his own parish, good, cheap, musical entertainments are much appreciated by the working classes; and several attempts on a small scale recently made in London bear out this view.

We have more than once called attention to the effort of Mr. William Dunn at Islington. There, unaided, and with no capital at his back, Mr. Dunn has for some months provided musical and other attractive entertainments, with considerable success. What he requires is capital, and capital only. He evidently knows how to gratify the public taste without degrading it; and his experience ought to be of value to the gentlemen at present feeling their way to some practical solution of the problem of providing a popular and attractive entertainment, at the same time elevating in its tendency.

The fact that Dean Stanley was supported by so many gentlemen who understand the requirements of the people, is encouraging, and augurs well for the success of an undertaking of which we have nothing but good to hope or to say.

CURRENT OPINIONS AND EVENTS.

LAST week the half-yearly meeting of the London General Omnibus Company was held. From the report submitted it appeared that—

"The total sum at the credit of the reserve fund was £109,265, being an increase in the year of £4,096. The receipts for ordinary omnibus traffic and private hire had been £284,233, and the total income had amounted to £288,975, which showed a decrease of £8,583 as compared with the previous corresponding half-year. The number of passengers carried in the Company's omnibuses was 28,182,940, as against

29,045,825 in the half-year ending 1878. The average fare per passenger was 2.42d. The total expenses of the half-year were £245,976, showing a decrease of £10,376. The number of horses was 6,912. The balance brought forward for the previous half-year was £1,807. The revenue account showed a profit of £42,998. There was an available total of £47,376, out of which it was proposed to add to the leases renewal and buildings fund £5,000, to declare a dividend at the rate of 12½ per cent. per annum, free of income tax, which would absorb £38,005, leaving to be carried to next half-year's account the sum of £4,370."

A shareholder present at the meeting put in a plea for the conductors, who are only paid four shillings a day for fourteen hours' work. But Mr. Church, the managing director, urged that as there were thousands ready to enter their employment at that rate of pay, the present conductors were not aggrieved. There is another side to the question, however, and a company able to pay its shareholders a dividend of twelve-and-a-half per cent. ought to fairly remunerate its servants. The two-and-a-half per cent. might be distributed amongst the employés with advantage.

A meeting of the London Tramways Company was held on the same day. This Company is not yet in a position to pay a dividend, there still being considerable depreciation of capital to make up; and the earnings are appropriated in this way. The report submitted stated that—

"The accounts of the operations of the Company for the past six months, after making deductions for repairs, renewals, &c., amounting in the aggregate to £18,684, showed a net income of £9,227 11s. 6d. That balance of profit the directors proposed to carry forward to the next half-year. Since the last half-yearly meeting the profitable working of the lines had been seriously interfered with by the long continuance of unfavourable weather, but notwithstanding that, the efficiency of the service had been fairly maintained. The passengers carried during the half-year amounted to 13,828,155, and the miles run to 1,585,569, against 10,298,484 and 1,386,227 respectively in the corresponding half-year of 1878. The number of cars at present running had been increased to 132, consisting of 96 pair-horse and 37 one-horse cars."

At the meeting of the Midland Railway Company the report, which was taken as read, stated that the balance available for dividend amounted to £1,297,124, and out of this sum the Board proposed to pay the usual preference dividends, and to declare a dividend at the rate of 6¼ per cent. on the ordinary stock. The report also announced that a resolution would be proposed, electing Mr. James Allport a director, and voting him a *douceur* on his retirement from the post of general manager, an office which he had held for close upon 27 years. A sum of £10,000 was voted to Mr. Allport, whose salary as general manager was stated to have been £4,000 per annum during recent years. The meeting was informed that Mr. Allport had refused an offer made him by the Great Eastern Railway, of £7,000 per year.

The revision of parcels rates recently made by the railway companies is not considered a satisfactory settlement of the question. Small parcels might be profitably conveyed at a cheaper rate. Most people will concur in the following proposition, made last week at the annual meeting of the Associated Chambers of Commerce, by the new President of the Association, Mr. J. Whitwell, M.P.:—

"That an organisation for conveying small parcels at uniform rates, payable by adhesive stamps, might be introduced by the Post Office Department, and that the Government be requested by the council to organise a parcel system in connection with the post-office."

The World announces that Dr. B. W. Richardson has hit upon a process of using the famous bequest of the late Sir Walter Trevelyan's wine, according to the provisions of the will. The doctor has determined to submit the wine to chemical analysis, in view of discovering, if possible, the nature of the principle which gives it its flavour—a mystery which has hitherto puzzled the scientific community.

In a lecture upon the growth of plants, delivered on Saturday last at the Working Men's College, Great Ormond Street, Mr. Francis Darwin said that—

"Roughly speaking, plants contained about seven-tenths of water, and if the water were taken out of a plant, the process known as withering then supervened. The water was not mixed up anyhow with the solid material, but found its way into small cavities, which were distributed round the pith of the plant. Unlike other materials, such as wood, leather, &c., the water was a great source of strength instead of weakness to the plant. Stiffness was the normal condition of healthy plants, and this phenomenon was due to the constant upward pressure of the pith, struggling for extension, but held in check by the water-cells in the outer bag, and this continuous reaction enabled the plant to support its own weight. The struggle between these two forces being sometimes unequal, the result was, the pith having the greater strength, took a curved form. Where the two halves of the plant exercised equal pressure the plant grew straight, but, as this seldom happened, the plant generally assumed a bending position. No explanation had yet been given which would account for the plant growing upwards and the root downwards, but the most probable cause of this extraordinary fact was that the root, by some marvellous instinct of its own, sought the centre of gravity, and was thus controlled by that centrifugal force which governed all things."

Mr. Plimsoll withdrew the expressions in the placard issued by him, complained of by Sir Charles Russell and Mr. Onslow, but, notwithstanding the withdrawal, the whole of Friday last was occupied in discussing the question of Parliamentary privilege involved.

Without at all justifying Mr. Plimsoll's resort to unparliamentary proceedings, we trust the hon. member will persevere in his humane attempt to protect the lives of sailors engaged on grain-laden vessels, and that he will receive efficient support to secure the passage of his Bill during the present session.

The shipowners, however, are taking active steps to oppose the Bill. At Glasgow, the other day, at a meeting of the Shipowners' Association, the opinion was expressed that Mr. Plimsoll's proposal "would call forth the strenuous opposition of the shipping interests." That may be so, and the Bill become law in spite of it.

The Manchester and Salford Sanitary Association have set a series of queries to persons connected with, or having a personal acquaintance with, industrial dwellings throughout the country, with a view of eliciting independent opinions as to the healthiness and otherwise of the "flat" system of dwellings, now so much adopted in our blocks of industrial dwellings.

Perseverance leads to success. A few years ago, Newcastle could not boast of a public park, but, by the untiring energies of a few gentlemen. who felt the desirability of providing such places for the health and recreation of the inhabitants, the town has now got four public parks. The last and smallest was opened by the mayor last week, and is called the Brandling Park. It is situated at the north entrance to the town, and although of limited extent (about five acres) it will doubtless prove a great boon to the inhabitants in that locality. It somewhat reminds us of St. Pancras Old Burying Ground, minus the tombstones.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

THE USE AND ABUSE OF THE TEA-POT, AND THE PREVAILING DIETETIC ERRORS.

To the Editor of "HOUSE AND HOME."

SIR,

I have read your comments upon "The Use and Abuse of the Tea-pot," and the advice given to Mr. Benjamin Whitworth, M.P., by his physician, not to drink tea that had stood more than two minutes and a half after the boiling water had been poured over it, which appeared in your number dated the 17th of January last.

In the case of Mr. Whitworth, a man of a nervous, bilious temperament, it would have been better had he been advised not to drink tea at all, but if from bilious or other disorder of the stomach, arising from dietetic errors in his living, a little tea would be beneficial, undoubtedly it should be an infusion of tea. The leaves of the tea should be exposed to the action of the boiling water for a time not exceeding two and a half minutes only. There is, however, a prevailing impression amongst persons, otherwise intelligent, that if they take weak tea, they may take it as some teetotallers do, for breakfast, for dinner, for tea, and for supper ; in fact, teetotally.

I cannot understand how he, or any one else, would be able to drink more than one cup out of the pot at the expiration of two and a half minutes, unless he poured out all he required at once. I would therefore suggest, for the benefit of your numerous readers, and the public generally, the way to get over the difficulty, and avoid the deleterious extract of the tea leaves, which arises when the infusion has ceased, and the decoction commences. These may be professional terms, but they are very expressive of the action which takes place on *pure* tea leaves, when exposed to boiling water.

Provide some gauze or muslin, and place the necessary quantity of tea in a piece of it sufficiently large to allow of the unfolding of the tea leaves, then tie it up with some thread or cotton and place it in the pot, leaving the ends sufficiently long to hang outside and remain secure by the closing of the lid of the tea-pot on them. The pot should, by preference be earthenware, unglazed, and heated before the bag of tea is put in, and the boiling water should be poured over it whilst hot. Within three minutes after this the bag of tea leaves should be removed, and the tea so made may be poured out at leisure. This plan has been adopted by many of our grand-dames for ages past, but in the present rage for mechanical domestic arrangements and utensils, a suitable contrivance will doubtless be soon introduced by some enterprising tradesman or inventor, made for the purpose, containing a strainer or colander nearly as deep as the pot, so as not actually to touch the bottom, and as wide as the opening of the lid of the tea-pot, suspended by its edge so that the lid fits into it. I have seen in French earthenware manufactures something of this description.

I would suggest, in families, that the tea be made in a separate pot or other vessel, and at the expiration of two-and-a-half minutes the tea made should be simply stirred round, so as to distribute the infusion, and then poured into a tea-pot, which had been previously heated and made ready for placing upon the table. This plan would insure a uniform distribution of the tea, instead of as the present practice is, first getting weak tea, then moderately strong, and the last cup with all the concentrated and poisonous essences, even although diluted with additional water, which some do not object to, under the impression that the strong, dark-coloured tea is proportionately nourishing.

I am often grieved to see strong tea and coffee, the latter being even more heating to the blood, and much more difficult of digestion than the former, taken after a full meal, with scarcely any milk, and in some cases with none, by persons for whom such a stimulant is wholly unfitted ; especially young people and children, who should never be allowed by their parents to drink these beverages, and the acquired taste for which exists only in a bilious and disordered condition, incidental to the free-liver. The sooner there is an outcry raised against this most pernicious custom of tea and coffee drinking, the better for the future health and strength of the people of this country The reason why the rising generation is such a boneless, toothless, chlorotic, emaciated, consumptive, dyspeptic, and sentimental race, can be traced to two primary causes. First, the abstraction of the bone, tooth, blood, and flesh forming properties, which are removed from the wheaten meal to make a superfine starch bread, which is to say the least, non-masticable, non-digestible, and non-nutritious, besides possessing the property of disordering the digestive organs and functions by clogging the mucous membrane of the whole length of the digestive track, several feet in length. This fine white flour and fermented starch-bread superheats the system, and causes a permanent constipated habit, which is generally relieved by purgative medicines or some other artificial means. The habitual consumer of white, *i.e.*, starch-bread, is starved of brain and blood forming elements. Indeed it should be designated *starch*, without the word bread at all, as it is no more bread than chalk is cheese.

It is a remarkable fact that since the so-called improvements in milling machinery have been brought to such perfection, and the use of fine, silken bolting-cloths have been introduced, scarcely a trace of the phosphates, which play so important a part in blood-formation, and the phosphorus, so beneficial and essential to a healthy condition of the brain, can be found in this starch-flour. A certificate to this effect, with an analysis by Dr. Crace Calvert, of the Royal Institution, Manchester, was made for me by him some eight years ago.

To the absence of these natural elements, of which the present system of bread-making deprives the people, can be traced the desire for exciting and stimulating foods and drinks, and the craving for such support three times a day, which being denied produces that lassitude and want of natural force from which many people complain, inducing melancholy and fits of depression, usually removed by resource to alcoholic stimulants, which oft repeated lose their effect, unless increased in quantity and frequency, generally resulting in drunkenness and premature decay and death.

The second cause of the degeneration of the human species is the neglect of pure water, in a state of civilisation, so-called, but in reality, so far as the physical development and health of the human family is concerned, worse than the wildest barbarism. In a state of nature all things, such as food and liquid, provided for the various species contain all the chemical constituents necessary to form healthy blood, and are capable in themselves of sustaining animated nature. Water conveys and is capable of conveying to the human system, as it does to fish and the brute creation, among its blood-making and purifying properties, a certain proportion of phosphate of lime, and being the most natural and suitable liquid to drink should be drunk daily in its natural state by every individual who values health and cares to live and enjoy life whilst he lives ; but when boiled it is to a certain extent spoiled, as the lime it contains is precipitated to the bottom, and its deposit may be seen on the sides and bottom of a tea-kettle, where a portion of the lime and other mineral matter, so essential to the

formation of the bones and teeth, and the silex for forming the enamel of the teeth, abstracted by the boiling, remains to be seen more plainly in the tea-kettle, as that does not usually undergo cleaning, like other cooking utensils.

I contend that were parents desirous—and they would become so if they were really intelligent in this matter—they might easily improve the susceptibility of their brains, as I have mine, by taking at every meal the due proportion of body and brain nourishing properties provided for their use by a beneficent Creator, but, unfortunately for the human family, allowed to be removed by the officious ignorance and persistent stupidity of the millers. Such a system would not be practised by them were it not for the increased gain realised by the mixture of inferior grain, which is so manipulated as to defy detection, particularly in the case of preparing the flour for white (so-called) wheaten bread. Indeed, I apprehend that this is the most deeply-seated cause of the craving for alchoholic stimulants, and has led to the use of specifics to remedy defects in the human system, instead of tracing the cause of the disorder, and preventing its repetition.

I remember being consulted by a patient, who informed me that he had taken an aperient pill daily for many years, but would be glad to dispense with them if he could. I prescribed for him a suitable diet, and within a few days he informed me that he not only dispensed with the pills, but felt also that he could do without any more stimulants, and at last came to prefer water, after many years of drinking habits.

I trust that the foregoing remarks will be sufficient to set people thinking, and that in future would-be temperance and other reformers will study and propagate dietetic reform as the basis of all reform ; for without it no lasting reform can be consistently and successfully carried out. Without practising it himself no reformer can enjoy the health, strength, vigour, force, energy, and vitality necessary to propagate the true principles of a sound mind in a sound body—the *mens sana in corpore sano*, and at the same time, enable him to enforce his views upon the minds of other people with a vivacity, versatility, and whole-heartedness caused by a consciousness of right, which accompanies a successful belief, so essential to rightly impress his views upon those he is desirous of converting, and who, although anxious to learn, yet are only to be convinced by common-sense, and by the combined consistency and disinterestedness of the reformer whose precepts they would follow.

I am, Sir,
Your obedient servant,
H. W. Hart.
Professor of Dietetic Pathology.

Palace Chambers,
St. Stephen's, Westminster.
Feb. 17th, 1880.

P.S.—I fear I have trespassed already too far on your valuable space, but should be glad on some future occasion to touch upon the evil effects of tea and coffee drinking, and the prevailing dietetic errors of the present day, especially amongst the working classes and poor, who look upon their tea and coffee as a luxury, as all other stimulants are, and will be, so long as the people are imperfectly nourished by partaking of food unsuited to the requirements of nature.

THE ARTISANS' DWELLINGS ACT AND THE METROPOLITAN BOARD OF WORKS.

At the meeting of the Metropolitan Board held on Friday last a report was presented by the Works and General Purposes Committee, submitting for the approval of the Board a reply which they proposed to send to the Home Secretary on the subject of the provisions contained in the Metropolitan Streets Improvement Act, 1877, relative to the dwellings of the labouring classes. In this document the committee, referring to the refusal of the Home Secretary to release the Board from the prohibition to take fifteen or more houses occupied by persons belonging to the labouring classes until sufficient accommodation had been provided elsewhere for the persons, pointed out that if the Board were compelled to adhere to that provision, there was every reason to fear, not only a vastly increased expenditure, but an indefinite lapse of time before the improvements sanctioned by the Act (the new street from Oxford Street to the Haymarket) could be carried out, and a complete deadlock might be caused by the unwillingness of persons to take the sites and erect the dwellings required. Apart from additional expense, amounting probably to £250,000, which would be entailed on the ratepayers by complying with the conditions prescribed, experience had shown, in the case of other sites cleared by the Board, that the vacant land was not readily disposed of. But supposing there was no reason to fear such a result, the fact would remain that under any circumstances there would not only be great delay, and consequent public inconvenience, in the carrying out of the proposed improvement, but also great injustice to the owners and occupiers of property, by reason of the uncertainty in which for years they would be left as to how soon their tenements would be taken. It was also probable that in the course of the long interval which would elapse before the completion of the improvement of the houses now let for lodgings for the working classes they might be let by their owners for trade purposes, and the Board would in that case have to pay the increased value which the houses would have acquired as business premises, and would at the same time be bound to provide accommodation for the number of working people by whom they had been inhabited, although they had long left the neighbourhood, foreseeing these consequences. The Board did not feel that it would be justified in carrying out the requirements of the Act without doing all in its power to obtain some modification of them, and the Board therefore trusted that the Home Secretary would, upon further consideration, be of opinion that he might relax the restriction to which the Board was subjected, but if he was not prepared to take upon himself that responsibility, the Board proposed to bring the matter before Parliament next year in the shape of a Bill to amend the Act, and to obtain a full inquiry by a Select Committee.

On the motion of Mr. Dresser Rogers, the report was approved, and a copy ordered to be sent to the Home Secretary.

WHO COULD OFFER MORE THAN THIS CHILD?

The following little story is a touching one, and the hero thereof is a well-known young gentleman of this city. He has been somewhat wild in his habits in the past, but for four months he had abstained from drink and spent his evenings at home. One evening, three weeks ago, he went out calling, and some one gave him a glass of wine. This aroused the sleeping fiend, and he went off on a grand carouse. For three days he lost all mastery over himself, and scarcely knew where he was. On the morning of the fourth day he was comparatively sobered up. He wandered into the reading-room of one of our hotels, where he was well known, and sat down and stared moodily into the street. Presently a little girl of about ten years came in and looked timidly around the room. She was dressed in rags, but she had a sweet, intelligent face, that could scarcely fail to excite sympathy. There were five persons in the room, and she went to each, begging. One gentleman gave her a five-cent piece, and she then went to the gentleman spoken of and asked him for a penny, adding, "I haven't had anything to eat for a whole day." The gentleman was all out of humour, and he said, crossly, "Don't bother me, go away; I haven't had anything to eat for three days." The child opened her eyes in shy wonder and stared at him for a moment, and then walked slowly towards the door. She turned the knob, and then, after hesitating a few seconds, she turned quickly and walked straight up to him who had spoken so ill-naturedly, and gently laying the five cents she had received on his knee, said, with a tone of true girlish pity in her voice, "If you haven't had anything to eat for three days, you can take this and go and buy some bread. Perhaps I can get some more somewhere else." The young fellow blushed to the roots of his hair, and lifting the miniature sister of charity in his arms, he kissed her two or three times in delight. Then he took her to the persons in the room and to those in the corridors and the office, and told the story and asked contributions, giving, himself, all the money he had with him. He succeeded in raising over forty dollars, and sent the little kindly-hearted one on her way rejoicing.—*Pittsburgh Telegraph.*

Friendship is, strictly speaking, reciprocal benevolence, which inclines each party to be solicitous for the welfare of the other as for his own. This equality of affection is created and preserved by a similarity of disposition and manners.—*Plato.*

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

THE ancient Greeks called the world beauty. Such is the constitution of all things, or such the plastic power of the human eye, that the primary forms, as the sky, the mountain, the tree, the animal, give us delight in and for themselves—a pleasure arising from outline, colour, motion, and grouping. This seems partly owing to the eye itself. The eye is the best of artists. By the mutual action of its structure and of the laws of light, perspective is produced, which integrates every mass of objects, of what character soever, into a well-coloured and shaded globe, so that where the particular objects are mean and unaffecting, the landscape which they compose is round and symmetrical. And as the eye is the best composer, so light is the first of painters. There is no object so foul that intense light will not make beautiful; and the stimulus it affords to the sense of any sort of infinitude which it hath, like space and time, makes all matter gay. —*Emerson.*

But true expression, like th' unchanging sun,
Clears and improves whate'er it shines upon;
It gilds all objects, but it alters none.

Pope.

The peacemakers shall be called the sons of God, who came to make peace between God and man. What then shall the sowers of discord be called, but the children of the devil? And what must they look for but their father's portion?—*St. Bernard.*

To be ignorant of evils to come, and forgetful of evils past, is a merciful provision in nature, whereby we digest the mixture of our few and evil days; and our delivered senses not relapsing into cutting remembrances, our sorrows are not kept raw by the edge of repetitions.—*Sir T. Browne.*

The misty clouds that fall sometime,
And overcast the skies,
Are like to troubles of our time
Which do but dim our eyes.
And as such dews are dried up quite
When Phœbus shows his face,
So are sad fancies put to flight
When God doth guide by grace.

G. Gascoigne.

The cup of flattery, if it does not, like that of vice, reduce man to the level of beasts, is sure, if eagerly drained, to bring the best and ablest down to fools.—*Scott.*

There be three sorts of friends. The first is like a torch we meet in a dark street; the second is like a candle in a lanthorn that we overtake; the third is like a link that offers itself to the stumbling passenger. The met torch is the sweet-lipped friend, which lends us a flash of compliment for the time, but quickly leaves us to our former darkness. The overtaken lanthorn is the true friend, which, though it promise but a faint light, yet it goes along with us as far as it can to our journey's end. The offered link is the mercenary friend, which, though it is ready enough to do us service, yet that service hath a servile relation to our bounty.—*Quarles.*

What the child admired,
The youth endeavoured, and the man acquired.

Dryden.

Without strong affection and humanity of heart, and gratitude to that Being whose code is mercy, and whose great attribute is benevolence to all things that breathe, true happiness can never be attained.—*Dickens.*

A cause on foot
Lives so in hope, as in an early spring
We see the appearing buds, which to prove fruit,
Hope gives not so much warrant as despair
That frosts will bite them.

Shakespeare.

Pedantry consists in the use of words unsuited to the time, place, and company. The language of the market would be in the schools as pedantic, though it would not be reprobated by that name, as the language of the schools in the market. The man of the world who insists on no other terms but such as occur in common conversation should be employed in a scientific disquisition, and with no greater precision, is as truly a pedant as the man of letters, who, either over-rating the requirements of his auditors or misled by his own familiarity with technical terms, converses at the wine-table with his mind fixed on the museum or the laboratory.—*Coleridge.*

THE HOUSEWIFE'S CORNER.

BEEF À LA NAPOLITAINE.

Take a piece of fresh silverside, make two or three holes in it, and insert in each a piece of bacon rolled in powdered sweet herbs and pepper; carefully tie up the meat with string. Take a piece of the fat of bacon, mince it with a meat-chopper, adding to it a clove of garlic, an onion, some parsley, thyme, and marjoram. When the whole is finely minced and well amalgamated, put it into a saucepan with the meat, and keep turning the latter until it is browned on all sides; then moisten with plenty of French tomato sauce, diluted with a little stock, add salt to taste, and let the meat stew slowly till done. Remove the string and serve with macaroni, dressed with the sauce, round the meat.

PIGEONS BROILED.

To be worth the trouble of picking, pigeons must be well grown, and well fed. Clean them well, and pepper and salt them; broil them over a clear slow fire; turn them often, and put a little butter on them. When they are done, pour over them either stewed or pickled mushrooms, or ketchup and melted butter. Garnish with fried bread-crumbs or sippets, or, when the pigeons are trussed as for boiling, flat them with a cleaver, taking care not to break the skin of the backs or breasts; season with pepper and salt, a little bit of butter, and a teaspoonful of water, and tie them close at both ends; so when they are brought to table they bring their sauce with them. Egg and dredge them well with grated bread (mixed with spice and sweet herbs, if you please), then lay them on the gridiron and turn them frequently. If your fire is not very clear, lay them on a sheet of paper well buttered, to keep them from getting smoked. They are much better broiled whole.—*Cassell's "Dictionary of Cookery."*

POTATO SALAD.

Six medium-sized cold boiled potatoes, cut into dice; one head of lettuce well drained, and torn into shreds; two small onions cut very fine. Toss well together with a silver fork, and pour over it a dressing made as follows—One teaspoonful, each, of mustard, salt, and sugar, mixed well, adding slowly two tablespoonfuls of oil, and lastly, five tablespoonfuls of vinegar.

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RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, ESQ., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, ESQ., C.B.
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"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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MR. B. WHITWORTH, M.P.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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MR. B. WHITWORTH, M.P.

Mr. Benjamin Whitworth, M.P., fifth son of the late Mr. Nicholas Whitworth, of Drogheda, was born in Manchester, May 24th, 1816. In 1820 his father removed to America, and settled at Philadelphia, where he remained four years. He then returned, with his family, to Manchester, and subsequently took up his permanent residence at Drogheda.

In 1832 Mr. Benjamin Whitworth returned to Manchester, where, after much difficulty, he obtained a situation in a warehouse, commencing with the small salary of five shillings per week. Like other self-made men, Mr. Whitworth encountered and overcame many difficulties. Six years later he entered into partnership with Mr. John Hoole, and they commenced business with a capital of £50. The partnership was dissolved in 1842, when Mr. Whitworth took his younger brother, Alfred, and subsequently his other brothers, Robert and William (the present M.P. for Newry), into partnership. In 1843 he married, and he has three sons and four daughters.

Fortune smiled on Messrs. Whitworth Brothers, and the firm speedily became an eminent one. Being out of health in 1849, Mr. Whitworth was advised to take up his residence by the sea. He selected Fleetwood for this purpose, travelling backwards and forwards to his business for thirteen years. While residing at Fleetwood, it occurred to him that he might profitably import cotton from America to Fleetwood in his own ships. He made the experiment, and it turned out a remarkable success, and helped greatly to develop the trade of that port. This traffic was continued until the American Civil War, when it ceased. Mr. Whitworth found that the charges upon cotton coming into Fleetwood did not exceed *one sixth* of those enforced at Liverpool.

Mr. Whitworth has a large cotton factory, holding 1,000 looms, and capable of employing 800 hands, at Drogheda. He is also largely engaged in the iron and coal trades, and is considerably interested, either as a shareholder or a director, in Messrs. Bolckow, Vaughan and Co., Limited, Sir John Brown and Co., Limited, the Stavely Coal and Iron Company, Limited, and a large number of similar undertakings. For some years he has been a director of the Metropolitan Railway. He was one of the principal promoters of an investigation into the management of that Company, which led to a new *régime* being introduced, and much of the prosperity of the line is due to his administrative ability and skill.

Throughout his life Mr. Whitworth has been a total abstainer, and for years he has been one of the most munificent supporters of the United Kingdom Alliance. He is chairman of the executive committee, and a vice-president of that organisation. In 1863 he built, principally for his *employés*, the Whitworth Institute at Fleetwood, at a cost of about £3,000, and in 1864 he erected a similar but larger institution at Drogheda. These institutions, which have been conducted somewhat on the principle of the Working Men's Clubs, have been highly useful in promoting temperance and education.

Mr. Whitworth was first returned to Parliament at the General Election, 1865, for Drogheda, when he defeated Sir Leopold McClintock by a majority of three to one. He was re-elected in 1868, but the election was declared void on account of an informality in polling. His son, Mr. Thomas Whitworth, was returned to fill the vacancy. At the General Election of 1874 Mr. Whitworth was defeated by a narrow majority by the Home Rule candidate, the late Dr. O'Leary. He was elected for Kilkenny in 1875, as a Liberal, as distinguished from a home ruler. On the death of Dr. O'Leary, Mr. Whitworth retired from the representation of Kilkenny to contest Drogheda ; and on Tuesday last he was elected, when he received 382 votes as against his opponent, Mr. M'Coan, a home ruler, who polled 181.

THE EARL OF DERBY ON COFFEE TAVERNS AND TEMPERANCE.

On Wednesday afternoon the Earl of Derby was present at the Annual Meeting of the Coffee Tavern Company, held at the Society of Arts, Adelphi. Mr. H. R. Pope presided, and in moving the adoption of the report, observed that he could point to a steady but sure progress since the commencement of the undertaking, their operations during the past year having more than doubled. Eight new houses had been opened by the Company in that period. They had applied for music licences for eleven of their taverns, and five of these had been granted.

Lord Derby, in seconding the motion, said : "I was particularly glad to see by the report that although the net profits amount to 11 per cent., still it is the intention of the directors to divide only 5 per cent., or something less than half that sum. You may depend upon it that all the shareholders want is—or, at least the rational part of them—not so much a high dividend for the present as security for its continuance in the future. (Hear.) And if you give that you lay by a very large proportion of the profits you have made. In Liverpool a Coffee-house Company has been set up within the last two or three years, and a few months ago it was so prosperous that when, by way, as I thought, of giving it a lift, I wrote to apply for a few shares, I found that instead of offering to confer a favour I was asking one, for the shares had all been taken up and stood at a high premium. (Laughter.) At Manchester and at other places I hear of a similar success, and I think this at least may be taken for granted, that there is a real popular want to be supplied, and that, therefore, these concerns ought not to fail, except as every undertaking may fail—viz., in consequence of mismanagement. (Hear, hear.) It is a very common thing to hear people say when they are arguing against the well-known ideas of Sir Wilfrid Lawson and his friends, 'I am all for temperance, but I am

against temperance by compulsion.' (Hear, hear.) Well, I rather lean to that view of things myself; but there is another side of the question which perhaps, we do not sufficiently consider, and that is that in our great towns we are apt to have not temperance, but intemperance, on something like compulsion. (Hear, hear.) There are thousands of places where intoxicants are sold, but until lately there were very few places where a man could get a cheap cup of anything but that which would make him drunk. There is a great deal of talk now in connection with this subject, about what is called 'local option.' Well, we are not only for local option, but we are for personal option. (Hear, hear.) And in this sense we think the first thing to make sure of is that everybody shall be able to have his free choice as to whether he prefers stimulants or non-stimulants as part of his daily consumption. (Hear, hear.) As matters now stand there are very many places where the working man's choice is practically to drink beer or to go dry. (Hear, hear.) And, knowing as we do the extent to which the excess in drinking prevails, we think the least that society can undertake—I do not at all think it is the most society can undertake—is to give all men a chance of being temperate, and practising, if they please, total abstinence, without exceptional discomfort. (Hear, hear.) I fully believe that for one man who has taken to excessive drinking from his own deliberate choice you will find two or three, or perhaps a still larger proportion, who have done so because they have been drawn into it by example, by the influence of social habits, by the fact that a good fire, a warm room, company, and refreshments are practically not to be had without the accompaniment of liquor. (Hear, hear.) I am not here to make a temperance speech; but there are, I think, two good texts which temperance speakers might, if they thought fit, dilate upon. We have heard a great deal recently about the peasantry becoming owners of land and having gardens, fields, and farms of their own. Now, an acre of good agricultural land is worth, on an average, about £60, or as nearly as possible 3d. for every square yard. I wonder how many working men consider that when they order threepennyworth of beer or spirits they are swallowing down a square yard of good agricultural land. (Laughter.) Or, to put it in another way, supposing out of our national drinking bill of £140,000,000 we could annually save £60,000,000, and supposing this moderate reduction were continued for ten years only, how much land do you suppose that the working classes could buy out of that saving? It is a very simple sum—10,000,000 acres, or just one-eighth of the whole soil of this island. (Hear, hear.) I recommend that as a subject of profitable meditation to those concerned in such matters. (Hear, hear, and laughter.) I do not think the great consuming classes sufficiently understand how completely the publican and the tax-gatherer are one and the same person, as far as they are concerned. I do not think they quite realise when they order sixpennyworth of spirits that they are handing over 5d. as their gift to the Chancellor of the Exchequer. (Laughter.) If they did realise that, it is quite possible that some of them would repent of their liberality. (Hear, hear.) We hear some talk of a probable deficit of £2,000,000 in the Excise revenue for the year just ended. I hope that I shall not be called unpatriotic when I say that I should be quite willing to see a much larger deficit in that part of the revenue. (Hear, hear.) If the altered habits of the nation led to a new departure in the finances there would, no doubt, be some sufferers and a good many grumblers, but I do not believe those who had, in the first instance, to pay most heavily, would have any reason to complain in the long run. (Hear, hear.) If I had to talk to working men on financial matters I should tell them not to complain of being taxed. You are hardly taxed at all in the sense of having to pay what you cannot avoid paying; it is you who tax yourselves, and if you choose to make yourselves sheep you must not complain of being shorn."

The Report was adopted, and the usual vote of thanks terminated the proceedings.

ERIN'S TEARS.

A.D. 1880.

By Mrs. J. M. O'Callaghan.

With roses crowned from Orient climes,
In splendour decked from other lands,
Fair Albion, on her native soil,
In festal glory proudly stands.
But Erin's tears will blight the flowers
That twine round Albion's rosy bowers.

Bright Erin, child of love and song,
Chaste mother of the fair and brave!
Fond Niobe, thy bitter tears
Are falling on thy children's grave.
Erin, thy tears will blight the flowers
That twine round Albion's rosy bowers.

Thy sons and daughters, brave and fair,
Those *pulses* of thy tender *heart*,
Fall stricken on thy wounded breast,
Transfix'd by Famine's iron dart.
Fond Erin's tears will blight the flowers
That twine round Albion's rosy bowers.

Where, Erin, is thy matchless harp
That rang wild music to the gale,
Waked by the soul of Carolan?
'Tis echoing now, the voice of wail!
And Erin's tears will blight the flowers
That twine round Albion's rosy bowers.

The voice that cries aloud for help—
The bitter *Ullogone* of woe—
Is surging o'er the troubled deep,
In accents wealth can never know.
Albion has only heard the grief
To which she proffers slow relief.

O Albion, thus it hath not been
When slavery's chains awoke thine ire;
Then flash'd thine eyes and swell'd thy breast
With proud emancipation's fire!
'Twas not thine *ear* alone that heard—
Thine *heart's* deep, generous depths were stirred.

Sleeper, awake! expand thine heart;
Open thy richly jewelled hand,
Ere every shamrock's leaf arise
In mutiny throughout the land—
Ere Erin's tears can blight the flowers
That twine around thy rosy bowers.

Inspire thy sons with wise decrees,
That shall new life to Erin give—
Shall bid her renovated rise,
And on *her own resources* live!
Then tears to gems transformed will be
On Albion's wreath, immortally.

The tillers of the land should be
The owners of their native soil;
And Albion's voice should bid them rise
Free from the serfdom of their toil—
Should bid them work for nature's ties,
Not toil for rich men's luxuries.

Then great Columbia's watchful eyes
Would see no longer beggars land,
No tattered emigrants of woe,
Upon her hospitable strand;
But those who sailed from Erin's shore
Would leave it with some wealth in store.

No daughter of thy soil am I,*
Muse of the harp and minstrel songs;
But from my very soul I feel
The bitterness of all thy wrongs!
Erin, thy tears have touched the part
Of freshest verdure in my heart.

* The authoress is a thorough Saxon, being descended on the paternal side from the Ashtons, of Lincolnshire. Her maternal grandfather, Mr. Richard Dalton, celebrated in his day as a scientific lecturer, was a relative of Dr. John Dalton, after whom a street in Manchester is named.—Ed.

HOME RELATIONSHIPS.

By Rev. Peter Dean, Walsall.

No. III.—Parents and Children.

If ever there be a time when a thrill of ecstasy passes through the soul of a human being, it is when that human being first feels the consciousness of being the father or mother of a child. "God help me!" exclaimed Margaret Fuller, when this consciousness first came to her, "I am the mother of a human being." "Never," says the writer of one of John Cassell's Prize Essays, "shall I forget the feeling which came over me when I was first told that I was a father, or how I went about for days afterwards with the feeling constantly rising within my mind—'I am a father.'" It is indeed a momentous responsibility which comes upon a human being along with the sacred name of parent. The making or marring of a human soul—the giving of an existence of well-being and blessing, or an existence of bane and misery—are the tremendous alternatives therein involved. Yet how few parents ever think of this! How few of our daughters are trained with a view to fitting them for their all-important duties as future mothers, or of our sons with a view to making them wise fathers! Yet to be a mother or a father is the most important duty which any one can be called upon to fulfil. Lord Beaconsfield lately told us that it is princes and statesmen who govern nations. But more potent in this respect are the parents of a nation, and especially the mothers. "The hand that rocks the cradle rules the world." Parents, too, can, if they will, be the most effective of all reformers; for, as some one has said, "No matter how low and degraded may be our social, political, or moral condition, in every child born into the world we have presented to us the means and opportunity of improvement." "Youth is the hope of a nation." And remembering what is involved in parentage, and how little is done to fit young men and young women for it, we cannot be surprised to read that regret of Greville's, "I hardly know so melancholy a reflection as that parents are necessarily the sole directors of the management of their children, whether they have or have not judgment, penetration, or taste to perform the task."

It is a question one often hears discussed, as to whether it is best for married people to have children or to be childless. Sometimes one hears an opinion given one way and sometimes the other. When we find, however (as we mostly do), that those who have no children long for them intensely, and look upon them as undoubted blessings, and that it is only some of those who have too many, or who are unfit to be parents, that are of the opinion that it is best to be without, I think we may incline to the conclusion that the truth lies somewhere between the two opinions, and is part with one and part with the other. Of the two extremes, it seems difficult to decide which is least to be desired—too large a family or no family at all. I should say, being without children altogether; for while having too many children brings a great deal of trial and discomfort, it calls forth many a virtue in the husband and wife which they would not be likely to manifest were they childless. As St. Beuve has written, "If a man's home at a certain period of life does not contain children, it will probably be filled with follies, or with vices"—a remark which my own experience of meeting with childless married couples, nursing cats or dogs, or parrots, or given up to injurious vices, through having no children to take up their effort and attention, fully bears out It is with a large family and none at all as with great riches and poverty; neither is desirable. The evils I see arising from too large families on the one hand, and from childlessness on the other, makes me strongly incline to the happy medium. This kind of family is as much as most parents can rightly train and provide for. It cannot be a duty to bring forth as many children as possible, for in that case it would be our duty to get married at the earliest possible age; but it must be a duty to avoid bringing human beings into the world for whose bodies, minds, and spirits we cannot make rightful provision. Of course, along with this we must remember the difference in parents as regards means and organisation—that some are better fitted to provide for and train a dozen children than others, with poor means and low love of offspring, are to sustain and train three or four. But making every allowance for this, the artificial way in which we now live in England makes a moderate family generally the most desirable amongst us, and more especially in the "cribbed, cabined, and confined" circumstances under which most families have to live in London and other large cities and towns.

In such times and circumstances as ours, it is when children are few that they have the most blessed influence upon parents. Then one may truthfully apply the language of poetry to them; call them "a solace, a joy, and a part of education." For children are all these. I have often thought of a remark once made in my hearing by a poor woman, who, when near her confinement, lost her husband, and had a large share of trouble. Said she, "After my baby was born scarcely anything remained with me as trouble." To that poor woman her child was most assuredly "a solace." Anent the further remark, that children are "a joy," one thinks of the old story which comes down to us from the days of ancient Rome. A Campanian lady was making a show of her jewels in the house of Cornelia, the wife of Pompey, and entreated to be favoured with a sight of hers in return. Cornelia produced her children—her two sons—remarking, "These are the only jewels I can boast." If you would know the aptness of this remark try to realise how worthless, how little of "a joy" is even the Ko-hi-noor to a woman like our Queen, compared with one of her children. I venture to say that just now the great sorrow of the Empress Eugènie's life is not that she has lost her crown, but that she has lost her son. And what father has not found out that the way of all others which reaches direct to his heart is by a benefit or a blessing being bestowed upon his child. Some one might give me a fortune and I should be grateful for it. But if, instead of that, he helped my boy to begin life aright—helped my boy to a fortune in himself—he would burden me with gratitude a thousand times more. If my child was in physical or moral peril in some distant city, and I heard of some one saving or sustaining him, I could not find words to thank such a one. I could be grateful for favours and aids given to me, but not so much as for them when given to my offspring. My child is more to me than I am to myself; he is himself and myself too. What you do for my child is the deepest and

truest service you can render me—hence, the deepest of all our joys are locked up in our children.

This explains why it is that whatever else a married couple have, they are still unsatisfied and somewhat joyless in the absence of children. One of the most religious men the world has seen, who was childless, and yet had an intense love for children, has declared that even religion itself cannot fill up the void which manifests itself in the longing for children. His words are, as recorded in his diary, "I am sad in the midst of great religious delight. Ah, me! one thing cannot take the place of a different thing; the eye cannot listen for the ear, nor the ear look for the eye. Even religion will not fill the void left by the absence of certain things, which I have not. Alas! it helps me to still the aching part, not to fill its void. Religion cannot supply the demands of the finite affections, more than a plough can supply the place of a flute. It can assure us of a recompense—that it is all right." This is the sad confession of a childless man—a man who lacked the solace, the joy, and the education which parentage gives. In order to be normal—in order to have the joy which comes from the due exercise of all our propensities, faculties, and sentiments, we need to be parents. After all that is said about the trouble, and trial, and anxiety, and sacrifice, which having children involves, who would care to live in a world where they were not? I think most of us in such privation would be like those gold-diggers out in San Francisco, who, not having heard a child cry for months or years, hearing one begin to do so in their rude theatre one night, cried out, "Stop the music, and let us hear the child cry!" Yes, this world would indeed be dreary without the children. As the poet says:—

"A dreary place would be this earth,
Were there no little people in it;
The song of life would lose its mirth,
Were there no children to begin it;
No little forms like buds to grow,
And make the admiring heart surrender;
No little hands on breast and brow,
To keep the thrilling love-chords tender.

"The sterner souls would grow more stern,
Unfeeling natures more inhuman,
A man to stoic coldness turn,
And woman would be less than woman.
Life's song indeed would lose its charm,
Were there no babies to begin it;
A doleful place this world would be,
Were there no little people in it."

Children, while we keep them thus, help us to joy and development; and even if taken away from us by the "reaper whose name is Death," in the memories they leave behind, in the hopes of future reunion which they engender, they go on educating and blessing us still.

But I must now stay my hand till next week.

Dissimulation in youth is the forerunner of perfidy in old age; its first appearance is the fatal omen of growing depravity and future shame. It degrades parts and learning, obscures the lustre of every accomplishment, and sinks us into contempt. The path of falsehood is a perplexing maze. After the first departure from sincerity, it is not in our power to stop; one artifice unavoidably leads on to another; till, as the intricacy of the labyrinth increases, we are left entangled in our own snare.—*Blair.*

HYGIENE.

RAIN COLLECTED FROM ROOFS CONSIDERED AS A DOMESTIC WATER SUPPLY.

A Paper read at the Sanitary Congress, Croydon, 1879.

By H. Sowerby Wallis, F.M.S.

(*Continued from page* 99.)

With a mean rainfall of thirty inches, we should have an average supply of 10·3 gallons per day, and in the driest year 6·9 gallons.

With a 35 in. rainfall 12·0 gallons, and 7·7 gallons per day
" 40 " " 14·5 " " 10·8 " "
" 45 " " 16·4 " " 13·1 " "

I have not been able to find anywhere a statement of the requisite quantity of water per head per day in rural districts. In towns the quantity varies from about twelve gallons to about fifty gallons; but there can be no comparison, as in towns a large proportion goes for trade supply and for general sanitary purposes; a great deal is wasted by bad fittings; and the amount used for water-closets, which are almost unknown in country cottages, is, I believe, considerably more than half the quantity delivered to each house.

I think there can be little doubt that a cottage with an average supply of twelve gallons per day of pure water close to the house, would be considerably better off than nine-tenths of the English cottages in their present condition; but this could only be obtained from the roof in places where the mean rainfall was thirty-five inches and upwards. In places where the rainfall was less, this method could only be adopted with satisfaction as a supplemental supply, or for potable water where there was another supply for cleansing purposes.

It is of considerable importance that the water collected on roofs be properly stored. A great deal might be said about the objection to storing in wooden butts, or cisterns of any kind above ground, which are often exposed to the sun, and are liable to receive various impurities, the water becoming unfit for consumption after a very short time, and I believe it is from this cause that a great deal of the prejudice against rain-water as a beverage has arisen, for if properly stored it is probably the most wholesome of all waters. The best receptacle is an underground tank or well, bricked at the sides and bottom, and lined with about half an inch of Portland cement, to prevent any possibility of loss from leakage or pollution from the infiltration of impure water from the surrounding ground; the top should be domed over, leaving a man-hole, so that the tank may be occasionally cleaned; the man-hole should be covered with a slab of paving stone laid in mortar, to prevent worms or other insects getting in and polluting the water. The pipes from the roof to the tank where they pass underground should be of glazed earthenware, and the joints made with cement, so as to be both watertight and impregnable to insects and other polluting matter from the outside. They should not go straight into the tank, but into a small receptacle beside it, in which any dead leaves or other matter carried down from the roof would be intercepted, so as not to reach the tank and decay in the water. This receptacle should be made with a

closely-fitting movable cover, so that it could be occasionally cleaned, which would aid materially in keeping the water pure. The tank should also have a waste-pipe to allow any surplus water to escape, the end of which should be covered with a piece of perforated zinc or copper wire gauze, to prevent frogs, mice, or other vermin having access to the water. A tank carefully constructed in this manner will not require cleaning more than once every two or three years.

The size of the tank is perhaps the next point for consideration; to ensure a regular daily supply proportionate to the yearly fall, the tank must be of sufficient capacity to store all the water that falls during the wet periods of the year, for if during the spring some of the heavy rains run to waste, the water kept in store will not be adequate to meet the daily demand during the dry summer weather, for it is evident that anything deducted from the yearly amount of rain even during the wettest season must of necessity reduce the average daily supply that it is capable of yielding. I have, therefore, calculated the requisite capacity of the tank from the surplus yield of water during the three wettest months, and find that for a cottage 15 ft. by 20 ft.—the size on which I have based all my calculations—with a rainfall of 20 inches the tank would require a capacity of 150 cubic feet, or 5 months' supply

with a rainfall of	25	inches,	200	,,	5	,,	,,
,,	,,	35 ,,	235	,,	4	,,	,,
,,	,,	45 ,,	250	,,	3	,,	,,

The decrease in the proportionate size of the tank with larger rainfalls is due to the different relation which the wet periods in dry districts bear to those periods in wet districts; that is to say, that where the average rainfall is 20 inches, the fall during the wettest three months will be about 50 per cent. of the mean annual fall, while at stations where the mean rainfall is 45 inches the wettest three months will be only about 50 per cent. of the annual fall. Or, to put it very simply, at wet stations the fall is more evenly distributed over the year.

The cost of tanks such as I have described is not great, and would not exceed one shilling for each cubic foot of capacity, that is a tank holding 100 cubic feet would cost £5, and so on. When a storage capacity of more than 200 cubic feet is required, it will be found advantageous to make two or more tanks rather than one large one.

In the foregoing I have worked on an average condition of things, and of course the results are averages, and there are various disturbing elements; as before stated, I have taken as my basis a cottage having an area of 300 square feet with a tiled roof in fair condition, the inclination of the roof being about 35°. I do not think the inclination of the roof has much effect, for though a steep roof would catch rather less water, it would run off more freely, and less would be held between the tiles by capillarity; of course with a very flat roof the conditions would be reversed. On a slated roof there can be no doubt that the loss would be less, and, as before mentioned, need not exceed 10 per cent.

I think the most important element is the position and bearing of the house, for if a house has a large expanse of steep roof facing a wet wind, it will, undoubtedly, catch more than the average, especially if it is in an exposed situation. I believe, as a general rule, a flat roof will catch most water in a sheltered position, and a steep roof in an exposed position, if it presents a fair proportion of roof to the wet winds.

It is hardly necessary to state that in calculating the yield of water from any roof, the area of the ground covered by the roof should be taken, and not the area of the roof itself.

The question of Water Supply is perhaps engaging more attention now than it has ever done before, and I hope the few facts I have given on what appears to me one of its most difficult branches, and at the same time one that seems most likely to be overlooked—the supply of country cottages—have not been altogether useless or uninteresting.

In conclusion, I should like to record my thanks to the President, Mr. Symons, for allowing me the free use of his rainfall records, which were so essential for the compilation of this paper.

The Power of "Good Spirits."—With the aid or under the influence of "pluck," using that term in a modern sense and in relation to the daily heroism of life in the midst of difficulties, it is possible not only to surmount what appear to be insuperable obstructions, but to defy and repel the enmities of climate, adverse circumstances, and even disease. Many a life has been saved by the moral courage of a sufferer. It is not alone in bearing the pain of operations or the misery of confinement in a sick-room this self-help becomes of vital moment, but in the monotonous tracking of a weary path and the vigorous discharge of ordinary duty. How many a victim of incurable disease has lived on through years of suffering, patiently and resolutely hoping against hope, or, what is better, living down despair, until the virulence of a threatening malady has died out, and it has ceased to be destructive, although its physical characteristics remained? This power of "good spirits" is a matter of high moment to the sick and wealthy. To the former it may mean the ability to survive, to the latter the possibility of outliving, or living in spite of, a disease. It is, therefore, of the greatest importance to cultivate the highest and most buoyant frame of mind which the conditions will admit. The same energy which takes the form of mental activity is vital to the work of the organism. Mental influences affect the system, and a joyous spirit not only relieves pain, but increases the momentum of life in the body. The victims of disease do not commonly sufficiently appreciate the value and use of "good spirits. They too often settle down in despair when a professional judgment determines the existence of some latent or chronic malady. The fact that it is probable they will die of a particular disease casts so deep a gloom over their prospect that through fear of death they are all their lifetime subject to bondage. The multitude of healthy persons who wear out their strength by exhausting journeys and perpetual anxieties for health is very great, and the policy in which they indulge is exceedingly short-sighted. Most of the sorrowful and worried cripples who drag out miserable lives in this way would be less wretched and live longer if they were more hopeful. It is useless to expect that any one can be reasoned into a lighter frame of mind, but it is desirable that all should be taught to understand the sustaining, and often even curative, power of "good spirits."—*Lancet.*

Newcastle Industrial Dwellings, New Road.—On Saturday night an excellent programme was provided for the popular weekly entertainment held in the above institution. Mr. T. Wallice presided on the occasion, and in an earnest and appropriate address referred to the sad effects of the curse of drunkenness in Newcastle, which to a great extent paralysed the efforts of all who sought to do good, and invited men of all creeds and shades of political opinion into one sympathetic bond to resist the common foe. The following ladies and gentlemen took part in the concert of vocal and instrumental music which followed:—Misses Robson, Rogerson, Surtees, E. and F. Morrison; and Messrs. T. Surtees, G. Proud, J. Simpson, and Master Robson. Mr. Proud officiated at the piano. Mr. Surtees gave a humorous reading from the works of Mark Twain, which elicited much applause, and the entire proceedings seemed to be enjoyed by all present. We are glad to observe that nearly the whole of the rooms in this large block of workmen's dwellings are now occupied, though we may look in vain elsewhere to find such convenient rooms offered at such moderate rents.—*Northern Daily Express.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: MARCH 6th, 1880.

"CHEAP" HOUSES.

THE recent fluctuations in the value of house property in the North of England has been somewhat extraordinary. Five years ago, there was not, literally, a house to be had in Newcastle-on-Tyne or neighbourhood "for love or money." As a consequence, building societies flourished, speculation became rife, and many persons, tempted by the urgent demand that existed for houses, were induced to dabble in bricks and mortar, who had never previously entertained such an idea. Hundreds of houses were rapidly run up at Heaton, Byker, Elswick, and other places at the outskirts of the town, many of which were erected with a more tender regard to the pocket of the landlord, than the health or comfort of tenants. True, there was a fair sprinkling of well-constructed houses, but they did not form the majority; most of the erections exhibited visible defects, either of workmanship or material, and at the present moment there are many rows of such houses, tenantless and unmarketable—a significant instance of the injudicious and unproductive outlay of capital, though some persons may feel disposed to regard it as merely retributive justice. The great evil of jerry-building lies in the fact that unreflecting persons of limited means, more especially those of the working classes, are too often allured by the bait of cheap rents, and enter on such tenancies till they are taught, by bitter experience and the loss of health, or, mayhap, of those who are near and dear to them, that such places are really dear at any price. They will find that a house which is efficiently drained, is well lighted and ventilated, and has an unfailing supply of pure water, is infinitely cheaper at double the rent which may be asked for a similar sized house bereft of such essentials to health. In Jarrow, Middlesbrough, Darlington, and other towns in the North, innumerable houses have been recently erected by struggling members of building societies, which during the recent hard times have proved a sore burden on all connected with them, as tenants could not be obtained, and the property has naturally fallen into a disreputable condition. With the recent revival of trade, there is a better prospect of these houses being let, and an increased danger of unsuspecting tenants being allured to their distruction. As we previously observed, the working classes as a rule seldom give this important matter the consideration it deserves, and consequently suffer most from their own neglect. They will often find that an extra shilling per week paid in rent for a well-built house is not a bad investment, and often secures greater immunity from loss of health, and the thousand and one evils connected with so-called cheap houses.

CURRENT OPINIONS AND EVENTS.

THE evils arising from defectively built houses are so numerous and serious that we may be pardoned for continually directing attention to some of the chief defects. Last week, *Iron*, in commenting upon the habit builders of London houses have, of neglecting to "concrete" the foundations, said:

"In a district like that of the Metropolis, the surface stratum of which consists so largely of clay, which retains the surface moisture, some system of concreting foundations is essential, and the authorities have provided for that in a way far from illiberal towards builders. The nature of the foundations of a house is even more completely hidden from the inspection of a purchaser or tenant than the drains; and it is a pity that builders should attempt to scamp their work in either case. The bye-laws of the Metropolitan Board allow houses to be erected on "gravel, sand, or natural virgin soil," without an intervening layer of concrete, and an attempt was recently made at the Hammersmith Police Court to pass a site which had been used as a market-garden under the last-named category. It failed; but there was considerable difficulty in settling what "virgin soil" really was. Ultimately it was decided that land that had been under a cultivation in which manure is used to an exceptional extent was not virgin soil within the meaning of the bye-law, although it would probably be harmless as regards the health of future dwellers in the houses being built upon it, compared with the sites of those which in too many cases are reared over the filthy refuse substituted in the most favoured regions for the sand and gravel dug out and sold in forming the foundation."

This practice is not confined to small speculating builders. We know of a company, making great pretensions to sanitary excellence, at present building upon an estate where the surface stratum consists of clay. The land is flat and level, and very wet. A few months before the bye-laws of the Metropolitan Board of Works came into force, three or four hundred houses were very hurriedly put in hand. One of the chief reasons urged upon the board by the manager for the step was, that the expense of laying a substratum of concrete beneath the entire surface of the houses, according to the requirements of the bye-laws, would be avoided! And this reason was conclusive, the houses being put in hand at once; so that, rather than incur a trifling expenditure, the directors

prefer to run the risk of having a number of damp and unhealthy houses on their hands—or rather on the hands of the shareholders, who will be the ultimate sufferers, although the chief sufferers will be the unfortunate tenants. There is but one cure for such directors, and that would be to compel them to live in these damp houses; but when honourables and lesser members of Parliament are so concerned, this cure is difficult of application.

A second series of lectures was on Saturday afternoon inaugurated at the Parkes Museum, an institution formed at University College, Gower Street, for the popularisation of sound sanitary knowledge. In a more direct manner than even the recent lectures to members of working men's clubs, the new series will address itself to the diffusion of a knowledge of right principles on sanitary subjects to working men. The audience at Saturday's lecture, which was given by Professor Corfield, on ventilation, consisted for the most part of builders' foremen and clerks of works, members of the institution in Conduit Street formed by those classes of skilled artisans.

On Saturday last a new coffee tavern was formally opened by Mr. G. Culverhouse, in Creek Road, Deptford, with a view to meet the wants of a large and constantly increasing working population. The new premises, which are situated at the corner of Knott Street, are large and commodious, having formerly been used as a public-house. It is believed that the new venture will, on the free opening of the Creek Bridge, attract a numerous class of customers.

On the same afternoon, at the invitation of Mr. and Mrs. Frank Debenham, a drawing-room meeting was held at 26, Upper Hamilton-terrace, N.W., to consider the claims of the Coffee Music Halls Company. The objects of the company were explained by Dr. Norman Kerr, who said that—

"It was not a teetotal society, nor a charitable society, nor a society for the promotion of high-class music, nor a "goody-goody" society, but a commercial enterprise, having for its object the outlay of capital in providing an admitted need of the times—namely, a healthy amusement, freed from the temptations of intoxicating drinks."

We are glad to be assured by Dr. Kerr that there is no danger of what we feared last week, that the "goody-goody" element would predominate. With proper management, there is no reason why the effort should not succeed.

On Monday last the first of the "Food of Health Restaurants" was opened in the Farringdon Road, near the Metropolitan Railway Station. The restaurant is fitted up in an elegant and artistic style. It promoters intend to supply the public with the most wholesome, nutritious, and economical meals possible. Milk, butter, cheese, and eggs largely enter into the composition of the dishes; but the use of flesh meat is strictly avoided. For those who dine in the evening a light and cheap vegetarian luncheon is said by some scientists to be better than a heavy meal of beer and meat, which may incapacitate a man of sedentary occupation for work in the afternoon.

H.R.H. the Prince Christian of Schleswig-Holstein, will preside at a public dinner in aid of the funds of the Hospital for Women, Soho Square, at Willis's Rooms, St. James's, on Friday, the 7th May.

Speaking of Mr. Ralph Waldo Emerson, the Springfield (Mass.) *Republican* recently said:—

"He is an old man—as most of us will be when we reach 77—and has that inconvenient infirmity of age, an inability to recall at once the thing he would remember. But he still remembers more than most men, and what comes to his mind is always worth remembering, which is not the case with most men. He lectures at Concord this week, giving what will be his hundredth lecture before the Lyceum of that town. His health is firm, his spirit cheerful and serene, as in earlier years, but he sees fewer visitors, and finds his days more precious as they grow fewer. He writes little, reads much, and is revising those papers which he will never publish, but which will yet appear in print some day."

Preaching in Westminster Abbey, on Sunday last, in aid of the Irish distress, Dean Stanley said:—

"England from her brilliant but unfortunate neighbours had received benefits which no one else could have so well bestowed as they, and which no one else could so well repay as she. It was one of the misfortunes even of Ireland that the gifts of her most gifted sons had been more useful to others than they had been to herself. Columba, the wild hermit of Derry, was so long as he remained in Ireland a fierce, faction-fighting partisan, but when driven across the channel he became the evangeliser of Scotland. Edmund Burke, with no sphere for his genius at home, when transplanted to England became the orator of Christendom. Goldsmith, Irish as he was in many of his traits and peculiarities, became almost the spoiled child of English society. The Irish brigade, who in their own country fought only to be beaten, after their emigration to the Continent became the heroes of the armies of France. Arthur Wellesley, who began his life as an undistinguished member of the Irish Parliament, became in Spain and on the field of Waterloo the greatest protector of England and of Europe against their enemies. For all these gifts, as well as the inimitable charm which fascinated all, of Irish life, Irish manners, Irish humour, they owed to Ireland a debt of deep gratitude. And how could they pay it? Alas! it was there the difficulty began. A hundred methods sprang to mind, and they said to themselves, 'Were Ireland the home of those who derived their fortunes from Ireland, as Scotland to a large extent was the home of those whose fortunes were derived from Scotland, or had there arisen an Irish genius who should have created for Ireland the attraction which Sir Walter Scott imparted to the manners, customs, scenery, and history of Scotland, or had the English Church in Ireland in its earlier days fulfilled the mission of civilising life which it was beginning to fulfil at the time of its recent misfortunes, there might have been many channels through which the best influences of Great Britain might have flowed into the sister island.' But that had not been so, and the very peculiarities of the Irish character which caused them to suspect every measure proposed for their benefit would render such measures unavailing. What, then, could they do? The answer, at any rate under the present circumstances, and on that occasion, was very homely and very plain. It was found in the words, 'Give us and them this day our and their daily bread.'"

Bless me in this life with but peace of my conscience, command of my affections, the love of Thyself and of mankind, and I shall be happy. I envy no man that knows more than myself, but pity them that know less. —*Sir Thomas Brown.*

TEA AND COFFEE.

By J. C. Brobst, M.D.

Sometimes the question is asked, what shall I drink at meal-time, or with my food? The proper answer is, nothing. If any fluid is taken at meal-time, it should be warm water, or warm milk and water. Cold water reduces the temperature of the stomach, and retards the secretion of the gastric juice. It is impossible to condemn too strongly the use of ice-water, or ice-cream at meal-time; nothing could be more productive of weakness, debility, and indigestion. When the mucous membrane, lining the stomach and throat, is inflamed, and the cavity of the stomach is empty, then ice-water, and even small pieces of ice, may be slowly swallowed into the stomach with great advantage.

When tea and coffee are used as beverages, they should be carefully prepared, and taken only *in limited quantities* at the close of the meal. They contain peculiar stimulating properties, depending upon the presence of a volatile principle called theine and caffeine, said to be identical by the chemists. They also contain tannin, and a bitter extractive. When tea and coffee are placed in boiling water in a properly covered vessel, they will give off their peculiar stimulating principle, upon which their flavour depends; then their tannin, and finally a black bitter extractive. It is for this reason they should only be steeped in a covered vessel for five or ten minutes, or long enough to extract their agreeable stimulating property, and then be poured from the grounds before serving upon the table; otherwise the tannin and bitter extractive which they contain will be dissolved, spoiling their flavour, and causing obstinate constipation, generally called biliousness or dyspepsia—but should be called coffee fever or *teanitis*. When tannin and iron are mixed they form a dark fluid called ink. If tea and coffee are allowed to steep half an hour so as to extract their tannin, and we dip the bright polished blade of the table-knife into them, on its removal the blade will soon be covered with a coating of ink; lay this knife on mother's clean white linen table-cloth, and see what she will do with your ears! Is it a wonder that coffee and tea drinkers are often troubled with obstinate constipation, and have a sallow, dingy, rusty skin, and dark complexion? Many of the victims of strong tea and coffee are tanned through and through, and their skins look and feel like rusty parchment, or old leather. Many persons who drink strong tea and coffee three times per day swallow enough tannin to tan all the leather for their own shoes. Many of them have violent headaches, palpitation of the heart, nervous debility, and obstinate constipation, for the cure of which they take enormous quantities of vegetable pills, and "the more they take, the more they have to take," and it is no wonder they never find relief. They first drink strong tea or coffee, which acts as a powerful astringent to constipate the bowels, twice a day at meal-time, and then take pills at bed-time to open them again! After a few months of this kind of management they get disgusted with medicine, because it does not *cure* them! Then they commence a course of "iron tonics"—that is, they drink a solution of tannin at meal-times, and immediately after each meal swallow a dose of iron, which uniting with the tannin, fills their stomachs with ink, thus converting them into a kind of "ink factory." After a long "course" of this kind of treatment they conclude that *all medicine* is useless, and become disgusted with *all* doctors! Instinct teaches all the lower animals, when thirsty, to drink water only.

THE POTATO DISEASE—CAN IT BE AVOIDED?

Mr. Peter Ferguson, of Monkwearmouth, writing to the *Newcastle Chronicle*, says:—

"Having so often inflicted upon your readers papers on this subject, I am afraid that I have not much that is new to bring to their notice; but as this is a question in which everybody is interested, and especially cottagers in rural districts, and as the time has now once more come round when we ought to be thinking of procuring our garden seeds, and preparing our gardens to receive them, I venture to think that I have sufficient excuse for again bringing this subject forward. Another reason for so doing is the great flourish of trumpets with which the Press, both horticultural and general, has spoken concerning two sorts of potatoes that are said to be 'disease-proof.' The two varieties in question are 'Champion' and "Magnum Bonum.' Whether they are or are not disease-proof it is not my intention nor my business to say; but I hold the opinion that any potato, given the same chances as have been given to 'Champion' and 'Magnum Bonum,' would prove equally as disease-resisting. I object to the term 'disease-proof.' Where 'Champion' had been grown two or three seasons the tubers showed disease as much as any other variety; but where it was new, or only grown for the first time, it probably did turn out of better quality than other kinds.

"Two essential principles are involved here. The first is, fresh seed on fresh land, the commonest and best-known preventive of potato disease. The second is, better cultivation; for I am certain that I am right in saying that all cultivators give new sorts and new varieties more care and attention, comparatively speaking, than they do their old and proved friends. These two principles—change of seed and superior cultivation—if persistently followed up, would of themselves considerably lessen the extent of the potato disease.

"For every effect there is a cause, and a few of the most prolific causes of potato disease are—improper cultivation, which includes the growing of one or two varieties without changing the land or changing the seed; the slovenly manner in which many potato fields and gardens are allowed to remain during the greater part of the year, the ground rarely looking tidy and clean, except just after the crop is planted; and the tendency which many of the people have to let the tubers remain in the ground to 'ripen' before taking them up, which generally results in the haulm becoming badly diseased. Land intended for the cultivation of potatoes should long ere this have been ploughed or dug up, and exposed to the action of the severe frosts and snows we have had. In the spring, before planting, the ground should be well worked till it is in the most friable condition; it should, in fact, be as open as an ash-heap, and without being at all gross or fat, or filled with strong, stimulating manures, should be rich.

"Regarding manures, probably nothing suits the potato so well on naturally rich soils as wood ashes, or ashes of charred vegetable matter. Another powerful manure suitable for this purpose are the cleanings of earth closets, which have gone through a thorough preparation for this purpose. Nothing else in the shape of manure was used by Mr. Robert Fenn, of Woodside Rectory, and no one raised better varieties or grew them better. These manures are highly recommended by Mr. Peter McKinlay, one of the greatest, if not the greatest, of amateur exhibitors in the kingdom. As to the change of seed, care ought to be taken to procure the seed from a healthy stock, of a good variety, quality and productiveness being kept in view. In saving potato seed, I would suggest that the same rule that guides us in saving the seed of other vegetables should guide us in this. In selecting plants for seed we commonly look for some extra good quality. Short, sturdy growth, vigorous constitution, or other prominent feature, attracts our attention, and we mentally determine "to save that plant for seed.' In selecting potato stocks none of this care is exercised. The crop is simply lifted and sorted into three samples, the largest to eat or sell, as the case may be, the smallest for the pigs; and anything or everything between these two sizes is considered good enough for seed, irrespective of the qualities, good or bad, shown by the plant when in growth. It will at once be seen that this is not the most likely way to procure a race of potatoes that shall possess a constitution vigorous enough to withstand the attacks of the plague, or to possess such qualities as one ought to expect from a carefully selected strain of seed.

"Another important feature is often overlooked, even by persons who ought to know better: and that is the time of planting the different varieties; for, paradoxical as it may seem, the late varieties ought to be planted first and the earliest last. This question does not require much explanation, as the very fact of a variety being a late one does not mean that it ought to be planted late, but that it takes a longer time than an

early sort to come to perfection, and that it is a kind that keeps better. The object in planting the later sorts earlier than is usual is to allow them more time to develop themselves before the disease shows itself, which never—or very rarely indeed—happens before the latter end of July, and then only under certain conditions does it flourish and propagate itself. The aim of the cultivator ought to be to have the gross, watery growth of the haulm finished, and beginning to harden or turn to woody fibre, by this time of the year, thus rendering the plants less susceptible to any attack. Early lifting of the crops should be as much practised as possible, as the longer the plants stand after a certain period—which experience and observation alone can determine—the more danger there is of their becoming victims to the foe.

"It is also a fact not generally known that potatoes will keep just as well if lifted before the skins are 'set' as they will if left in the ground a month longer, always provided that growth has finished. I had almost omitted to mention that the distance the plants are grown apart is generally too short by half. Every plant should stand out separately from its fellows. Both between the lines and in the lines there should be sufficient room for the thorough circulation of air. Avoid crowding your potato haulm as you would avoid the disease itself. Of course some knowledge of the sort grown, of the situation—whether open and exposed, or whether shaded by trees, or sheltered by buildings, or whether the soil is likely to encourage luxuriant growth, or to produce hard, woody tissue—will be the guides as to the distances the tubers ought to be planted. If I had to lay down a rule I should say that no potato should be planted nearer than twenty inches between the tubers in the lines, nor the lines nearer each other than thirty inches, and this in the most open places. To some varieties I should give double the distance, while in some places I should scarcely be able to find room for such gross growers as Champion and Magnum Bonum, so much would they require. I have thus tried to show that a few essential principles kept in view and adhered to will have a most beneficial effect upon our potato crop. The principles may be briefly summarised thus—clean, healthy land; clean, healthy seed; and good, intelligent cultivation, and selection of varieties suitable to the soil and situation. Owing to the difficulty of selecting varieties to suit all and every different soil and situation, I have refrained from giving a selection of names. They would be very misleading; what suited the cold clay land of one place would be of no use on the gravelly formation half a mile distant."

THE REGISTRATION OF BIRTHS AND DEATHS.

II.

In case of the death of any person, the nearest relative present at the death, or in attendance during the illness of the deceased, or any other relative living in the district in which the death occurs, or the other persons present at the death, or the occupier or some inmate of the house in which the death takes place, or the person causing the body of the deceased person to be buried, must, within five days after the day of such death, give information to the registrar of the death and its cause; and after the necessary particulars are entered, both the informant and the registrar must sign the entry in the register book.

If, however, the person required to give such information shall send to the registrar a written notice of the occurrence of the death, and a proper medical certificate of its cause, then the registration may be completed at any time within fourteen days after the date of death.

Under the original Registration Act, from 1837 to 1874, registration was required to be effected before the funeral, except in the case of a body on which an inquest had been or was being held; and a certificate signed by the registrar or the coroner's order had to be produced to the clergyman or minister conducting the burial ceremony. This, however, was sometimes found to be inconvenient in practice.

If the persons who ought to give information of a death to the registrar should neglect to do so, the registrar may give them or any of them notice to attend at his office and give such information, at any time not less than seven days after the receipt of such notice, nor more than twelve months after the death.

No fee is payable by the person attending to give information at the registrar's office, but any person may require the registrar to attend at his residence, if within the district, or at the house where the death occurred, for the purpose of effecting such registration, on payment of the fee of one shilling.

After twelve months the death can only be registered with the written authority of the Registrar-General, and on payment of five shillings to the registrar, and five shillings to the superintendent-registrar. Any person registering, or causing to be registered, any death after the expiration of twelve months, otherwise than in accordance with the regulations prescribed, is liable to a penalty not exceeding £10.

The penalties quoted last week are equally applicable to offences connected with both classes of registration—births and deaths.

There are special provisions in the Act as to the finding of dead bodies elsewhere than in a house, and as to bodies on which inquests have been held. In the latter case the coroner is required to give information to the registrar; and practically this will almost cover the former class also: for it will scarcely ever happen that a dead body will be found elsewhere than in a house, on which an inquest will not be held.

If the registration be completed before the funeral, the registrar will give a certificate which must be delivered to the person performing the funeral service. In case of an inquest, the coroner issues an order for the burial of the body, which has to be delivered in like manner.

In case the body be buried without the production of the registrar's certificate or coroner's order, the clergyman or minister must give notice thereof in writing to the registrar within seven days after the funeral, or he will be liable to a penalty not exceeding £10.

There are also similar penalties for other offences against the Act—*e.g.*, causing deceased children to be buried as still-born; and causing more than one body to be buried in one coffin without giving the proper notice.

There are several advantages in the system of registration now in operation. It will greatly facilitate the verification of pedigrees, and the proof of heirships and nearness of kin in case of intestacy. It will thus promote the cause of justice and tend to check litigation, by making clear who are the parties entitled to the real and personal estate of the intestate. Many protracted and expensive legal contests have been caused by uncertainty in this respect.

More universally valuable is the requirement that the cause of death should be certified by the medical attendant of the deceased. From this source sanitary reformers have obtained information which has been beyond all price. Many an unsuspected cause of disease and death has been traced to its hiding-place by means of the classified tables issued from the General Register Office.—*Newcastle Weekly Chronicle.*

Hazel-Nuts.—The hazel or common nut of the woods is raised in large quantities, from 400,000 to 500,000 bushels annually, when there is a good crop. In 1875, when nuts were plentiful, 100 bushels were sown, obtained from the woods in Northamptonshire, Leicestershire, &c. They are sown broadcast in prepared beds as soon as they can be obtained in the autumn. If the nuts are kept long before sowing a kind of hard skin or filament gathers about the kernel, and prevents it from germinating. When English wood-nuts are plentiful, as they were five years ago, they can be purchased at 3s. per bushel; when they are scarce the price is much higher. It is sometimes necessary to purchase Spanish nuts for sowing, at something like 10s. per bushel, but this is only necessary when English nuts are not forthcoming. The seedlings are transplanted the following autumn, and sold generally when three years old, the plants averaging three feet in height. The hazel is extensively grown for coppice-wood in some parts of England; in Sussex and Kent it is much used for this purpose; and rods formed of the strongest growths of a few years are used for making hoops, and the stouter wood for burning for charcoal. "The male catkins make their appearance in September, on the previous year's shoots, but are not fully developed or expanded until the succeeding season, when the female flowers appear, about February 1st, and in April they are in full bloom. These are small and of a beautiful red colour." The hazel seldom exceeds 20 feet in height, and from its mode of growth and size may be called either a small tree or a large shrub. The south of Spain produces great quantities of hazel-nuts, which are exported in considerable numbers to other parts of the Continent, particularly from the port of Barcelona, by which name all the Spanish nuts are known. The hazel appears to have been looked upon by the ancients more in reference to the superstitious practices in which it was employed than on account of its useful properties. Pliny states that torches were made of its branches at marriages, the burning of which was supposed to be lucky to the young couple. In more recent times advantage has been taken of the credulity of mankind by its employment for the purpose of discovering metals, water, hidden treasure, lost property, &c., by means of a divining-rod formed of a twig of hazel. The impositions that have been practised by designing persons by the aid of this instrument are almost incredible, and it has scarcely as yet fallen entirely into disuse.—*Gardeners' Chronicle.*

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

The hand-workers are not so ill off. The worst that can happen to you is to break stones, not to be broken by them. And for you there will come a time of better payment, some day, assuredly; more pence will be paid to Peter the fisherman, and fewer to Peter the Pope; we shall pay people not quite so much for talking in Parliament and doing nothing as for holding their tongues out of it and doing something; we shall pay our ploughman a little more and our lawyer a little less, and so on; but at least we may even now take care that whatever work is done shall be fully paid for, and the man who does it paid for it, not somebody else; and that it shall be done in an orderly, soldierly, well-guided, wholesome way, under good captains and lieutenants of labour; and that it shall have its appointed times of rest, and enough of them; and that in these times the play shall be wholesome play, not in theatrical gardens with tin flowers and gas sunshine, and girls dancing because of their misery, but in true gardens, with real flowers and real sunshine, and children dancing because of their gladness—so that truly the streets shall be full (the streets, mind you, not the gutters) of children playing in the midst thereof. We may take care that working men, at least, shall have as good books to read as anybody else, when they have time to read them, and as comfortable fire-sides to sit at as anybody else, when they have time to sit at them. This, I think, can be managed for you, my working friends, in the good time.—*Ruskin.*

As the mind must govern the hands, so in every society the man of intelligence must direct the man of labour.—*Johnson.*

For just experience shows in every soil
That those who think must govern those who toil.

Goldsmith.

Because I cannot flatter and speak fair,
Smile in men's faces, smooth, deceive, and coy,
Duck with French nods and apish courtesy,
I must be held a rancorous enemy.
Cannot a plain man live, and think no harm,
But thus his simple truth must be abused
By silken, sly, insinuating Jacks?

Shakespeare.

This beautiful system of sun, planets, and comets can have its origin in no other way than by the purpose and commands of an intelligent and powerful Being. He governs all things, not as the Sovereign of this world, but as the Lord of the universe. He is not only God, but Lord or Governor. We know Him only by His properties and attributes—by the wise and admirable structure of things around us. We admire Him on account of His perfections—we venerate and worship Him on account of His Government. —*Sir Isaac Newton.*

Let us not linger here, then, until fate
Make longing unavailing, hope too late,
And turn to lamentations all our prayers:
But with to-morrow cast aside your cares,
And, stout of heart, make ready for the strife
'Twixt this short life of dreaming and real life.

William Morris.

Thinkers are scarce as gold; but he whose thoughts embrace all his subject, pursues it uninterruptedly and fearless of consequences, is a diamond of enormous size.—*Lavater.*

He who reads
Incessantly, and to his reading brings not
A spirit and judgment equal or superior,
Uncertain and unsettled still remains—
Deep versed in books, and shallow in himself,
Crude or intoxicate, collecting toys,
As children gathering pebbles on the shore.

Milton.

For the most part our speeches in the daytime cause our phantasy to work upon the like in our sleep; as a dog dreams of a hare, so do men on such subjects as they thought on last. For that cause when Ptolemy, king of Egypt, had posed the seventy interpreters in order, and asked the nineteenth man what would make one sleep quietly in the night, he told him the best way was to have divine and celestial meditations, and to use honest actions in the daytime.—*Burton's "Anatomy of Melancholy."*

THE HOUSEWIFE'S CORNER.

BEEFSTEAK ROLLS.

Cut a beefsteak quite thick, then split it open, lengthwise, and cut in strips four or five inches wide, rub over the inside with an onion, and in each strip roll up a thin slice of bread, buttered on both sides; stick two cloves in the bread, and sprinkle sone salt, pepper, celery seed (or cut thin slices of nice celery stalk, if in season), and put in some gravy. Tie each roll with a thread; dredge it with flour, and fry in hot butter. Then put these, when a delicate brown, into a stew-pan, with only water enough to stew them. Make a nice thickened gravy from the liquor in which the steaks were stewed, and serve with the rolls, very hot. The rolls should stew slowly two hours. Veal or mutton is good prepared this way.

PRESERVED LEMON-PEEL.

Make a thick syrup of white sugar; chop the lemon-peel fine, and boil it in the syrup ten minutes; put in glass tumblers and gum paper over. A teaspoonful of this will flavour a loaf or cake or a dish of sauce.

VERREY'S RECEIPT FOR MAKING JULIENNE SOUP.

Three large fresh carrots well scraped, two turnips, one stick celery, one onion, two leeks, the fourth part of a cabbage, two hearts of lettuce, a handful of sorrel, and a pinch of chervil. Take the red part of the carrot only and cut them in very small thin fillets, cut the turnips the same shape, also the leeks and onions. Put the onions and leeks in a saucepan with some butter and let it cook a few minutes without colouring, add the carrots and the other vegetables, season them with salt and sugar, wet them with 8 quarts = 2 gallons of consommé, put it on the fire till boiling, and skim it by taking it off the fire, and at the last moment put the cabbage in. Take the fat off, and pour it in a large tureen, adding the lettuces, a few tablespoonfuls of peas, and the pinch of chervil; and send some croutons separate with the soup.

MOTHS.

A little spirits of turpentine added to the water with which floors are washed will prevent the ravages of moths.

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PORTRAITS.

THE following Portraits are in preparation :—

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RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, ESQ., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, ESQ., C.B.
&c., &c., &c.

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A Weekly Journal for all Classes

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"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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MR. JOSEPH LIVESEY.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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MR. JOSEPH LIVESEY.

(THE FOUNDER OF THE TEMPERANCE MOVEMENT.)

MR. JOSEPH LIVESEY, who celebrated his 86th birthday on Friday last, may be justly regarded as the founder of the modern temperance movement; but it would be a mistake altogether to regard him as being a man of one idea.

In 1831 he started the *Moral Reformer*, a monthly magazine much in advance of its time. In this periodical Mr. Livesey discussed and promulgated social and moral reforms very unpopular at that time, but which have since come to be regarded as important and desirable. Amongst other topics treated he gave a prominent place to thrift, domestic economy, education, sobriety, the corn laws, and Parliamentary reform; and the temperance question seems to have grown out of this effort.

In his "Reminiscences of Early Teetotalism" he tells us how he became a total abstainer. He says :—

"In referring to the origin of teetotalism, I may premise that I had become an abstainer some time before my attention was drawn to the establishment of temperance societies, and hence I was prepared from the first to give them my hearty support, and it may be gratifying to some to know the circumstances that first closed my mouth to the intoxicating cup. I had long cherished a dislike to the drinking system in all its phases, though, like others, believed the drink was good in moderation, and occasionally took my glass. One day, I had to settle an account in connection with an unfortunate partnership that I had entered into in the cotton trade, with a man of the name of Thomas Maine, and by which I lost nearly £2,000. I had to meet Mr. John Mitchell, of Blackburn, and his partner, at the house of Mr. Mackie, who then resided in Lune Street. He was a Scotchman, and over settling the account the whisky bottle was placed on the table; I took a single glass of whisky and water, and, either from its strength, or from my never having taken whisky before, or, more probably, from the depression of mind I was labouring under at the time, it 'took hold of me.' I felt very queer as I went home; retired to bed very unwell, and next morning my mind was made up, and I solemnly vowed that I would never take any kind of intoxicating liquors again, which I have religiously kept to the present time. I had a large family of boys, and this resolution was come to, I believe, more on their account, than from any knowledge I had of the injurious properties of the liquor. This was early in the year 1831.

"At that time I kept an Adult Sunday School, and the fruit of my example was that on the 1st January, 1832, the young men in this school formed themselves into a Temperance Society. All the societies at that time were based on a pledge of abstinence from ardent spirits, and great moderation in fermented liquors. Shortly after this, John Smith, a tallow-chandler in this town, began to agitate the question of temperance by circulating a great number of tracts received from Thomas Swindlehurst, and given to him by his partner, John Finch, of Liverpool. The subject thus introduced, James Teare, Isaac Grundy, James Harrison, surgeon, and myself and others, joined him in his labours. We next obtained the aid of the Rev. Mr. Jackson, the agent of the Bradford Temperance Society, who delivered two powerful lectures, one in Grimshaw Street Chapel, and the other in the theatre, to crowded audiences. Thus prepared, at a meeting held on the 22nd March, 1832, the Preston Temperance Society was formed, on which occasion a deputation from the Blackburn Society, consisting of the Rev. F. Skinner and Mr. G. Edmondson, addressed the audience. Mr. William Pollard, of Manchester, a celebrated temperance advocate, also spoke on the occasion, the chair being occupied by Mr. Moses Holden, astronomer. The pledge adopted was to abstain from ardent spirits, and not to take fermented drinks except in great moderation.

"Immediately upon this, weekly meetings were held, the first in the Methodist school-room in Lord Street, the next in the Primitive Methodist Chapel, Lawson Street; and on Tuesday evening, the 15th of May, we had the first meeting in our new premises, the 'Cock-pit,' owned by the Earl of Derby, a building erected for the purpose of fighting cocks in, capable of holding 700 persons, but then deserted by the Earl, in consequence of his son's defeat, the Hon. E. G. Stanley (the late Earl), in 1830, by Henry Hunt, as member for Preston. This building we occupied for twenty years. Earnestness and devotion from the first, characterised the temperance men of Preston; they felt that they had discovered a remedy for the greatest curse that the world had to endure. It was like the discovery of the gold-diggings, crowds rushed to gain the prize; and for the first few years the meetings were crowded, and we had an array of reformed drunkards, not a few of them speakers, such as we have never seen since."

In 1834, Mr. Livesey started the *Preston Temperance Advocate*, which he conducted for four years, and in 1867 and 1868 he issued the *Staunch Teetotaller*.

During the agitation against the corn laws, Mr. Livesey rendered good service to that movement by issuing, for four years and a half, an illustrated paper, the *Struggle*, which at one time had a circulation of 15,000 copies weekly. This publication was discontinued when the movement triumphed, in June, 1846.

As a writer and speaker upon temperance, Mr. Livesey has done an immense work; and the closing years of a well-spent life are cheered by the growth of the principles he has done so much to promote. As the patriarch of sobriety, he enjoys the respect and friendship of a wide circle of friends in all parts of the kingdom, who united in doing him honour on Friday last; and if by reason of infirmities he is now unable to undertake active work, his consistency for nearly half a century presents an example well worthy of imitation.

THRIFT PAPERS.

By T. Bowden Green.

No. VIII.—*Holiday Thrift.*

A holiday need be none the less enjoyable for practising thrift, and many an extra holiday might be enjoyed were thrift previously practised for the purpose. Let the couplet of old—

"Keep within compass and you will be sure
To avoid many evils which others endure"—

be borne well in mind and acted upon, and not only will many evils be avoided, but many benefits will be felt from the carrying out of such a practice.

Holiday-makers as a rule do not like to appear limited in their expenditure, but this is a folly which they should learn to overcome. Of course, those who put up at expensive hotels, order expensive meals, and the like, get more civility and attention, but the question is do they obtain the best value for their outlay, or in other words do they obtain as much pleasure from a short and expensive holiday as they would from a longer and more varied one at no greater cost? The answer in almost every instance would be, "Certainly not."

Those who desire to practise economy in their travels would find pleasure and profit in perusing a little manual entitled "A Continental Tour of Eight Days for Forty-four Shillings," * and they should endeavour to carry out some of the principles therein inculcated, for vast numbers refrain from travelling abroad under a mistaken impression that a Continental tour is necessarily far more expensive than an English one.

Travelling, hotel accommodation, and provisions are usually *cheaper* abroad that at home, and these constitute the almost entire expenses of a holiday trip, *wherever* taken.

To those who are unaccustomed to the practice of thrift, the task is generally a hard one, but probably never more so than when in the enjoyment of a holiday. On such occasions there are usually so many by-ways of getting rid of spare cash that these often take as much as the main expenses. Economy at holiday time is out of place, think many, but a little consideration will show otherwise, and how often we find that regret, and not pleasure, follows careless and thriftless expenditure. The fact is that holiday-makers require to be on their especial guard in this matter, for they are generally regarded as fit subjects for exaction and extortion. Holidays of long or short duration can—with proper management—be obtained at comparatively little cost, whereas they may be made the means of very considerable expenditure. Let, therefore, the maxim of "cutting the coat according to the cloth" be adopted, and by carefully practising economy in holiday-making as well as in home life, in pleasure as well as in business, we shall be enabled to take a holiday oftener, and enjoy it none the less, without the after-regret of having spent thereon more than we could well afford, or than the occasion deserved.

* Published by Sampson Low and Co., price 1s.

In aspiring to the throne of power, the angels transgressed and fell; in presuming to come within the oracle of knowledge, man transgressed and fell; but in the pursuit towards the similitude of God's goodness and love neither man nor spirit ever have transgressed, or shall transgress.—*Bacon.*

HOMELY HINTS FOR THE HOUSEHOLD.

By the Rev. Frederic Wagstaff, F.R.H.S.,
Editor of the "Lay Preacher."

V.—The Adornment of the House.

The lowliest home may be made attractive. Elegance and beauty are things money cannot purchase, nor is taste sold in the market. At trifling cost the humblest cottage may be made to possess an air of attractiveness, such as the most lavish expenditure will not secure, if there be but judgment combined with good taste. It is, perhaps, rather difficult to define good taste; but it shows itself in every detail of social life—in words, actions, dress, and manners. One condition is never absent: while bad taste obtrudes itself in the strongest and most glaring colours, good taste is never prominent. It is rather felt than seen—blending in wonderful harmony with all that meets the eye; sounding in pleasant accord in all that greets the ear. The home of taste will always exert a mighty influence upon its inmates. There must be something radically wrong in the training of that family whose members easily neglect or forsake such a home.

How to adorn and hide bare walls, whose owners cannot afford to buy handsome wall-papers—how to utilise ugly pieces of furniture—how to atone for the absence of Persian rugs and graceful draperies—these are questions that often present themselves to housekeepers; but they do not always meet with answers. Yet a great deal *may* be done, even with ungraceful and scanty materials; and when one has nothing else, a great deal *must* be done with just such materials, if household art is to fulfil its own promises.

We have seen common kitchen chairs, costing something like half-a-crown a piece, made to look quite elegant when fitted with good serviceable cushions, covered with neat chintz, and with some furniture polish well applied to the backs and legs.

It is a great mistake to crowd the mantelpiece with so-called "ornaments." A profusion of nicknacks, with staring and gaudy colours, such as one sees in some houses, are eyesores. One or two small vases of neat pattern and elegant taste, a shell or two, and some bright clear glass, should be enough. Beautiful grasses may be gathered in the fields during a summer or autumn ramble, and when dry will, if gracefully disposed in the vases, add much to the effectiveness of the decoration.

Window-gardening needs to be more cultivated than it is; and the editor of *House and Home* might well devote an occasional page to practical hints on the subject. There is no real difficulty in keeping up a succession of colour, since some plants will bear green leaves when all blossom has departed. The idea that flowers are injurious in living rooms is a very mistaken one. It is possible to have them even in bedrooms with advantage. Johnson's "Agricultural Chemistry" says, "As a general rule, the quantity of carbonic acid given off by plants during the night is far from being equal to that which is absorbed during the day." So that, so far from being inimical to health, flowers are useful, as well as ornamental, helping materially to purify the air.

Ruskin has some suggestive sentences about flowers. "Flowers seem intended for the solace of ordinary humanity. Children love them; quiet, contented, ordinary people love them as they grow; luxurious and disorderly people rejoice in them gathered. They are the cottagers' treasure, and in the crowded town, mark, as with a little, broken fragment of rainbow, the windows of the workers in whose hearts rest the covenants of peace."

We scarcely share Ruskin's objection to flowers being gathered: for, to tell the truth, we know nothing that sets off a room more than a tastefully-arranged bouquet; and certainly a few flowers arranged on the dinner-table go very far to take off the animal look of eating. Arranged in a soup-plate nearly filled with water, or better still, fine sand well moistened, cut flowers will live for many days, and if bright green moss will be mixed with them, together with graceful leaves, the effect is very pleasing.

Hanging baskets of wire, with flower-pots in them, are excellent for setting off a hall. Pots can be had, too, with one side flattened to hang against a wall, or ordinary shaped pots may be placed on brackets, which are not very costly, but should be securely fastened. Ferns, or some creeping plant, are suitable for use in this way.

No room can look well if it is not well lighted. It is a mistaken policy to be sparing of light. Ground glass globes for lamps or gas-burners—or opal globes are better still—will prevent the light from injuring the eyesight, and if care be taken to let the lamps be high up, so that the light can fall full upon the whole room, so much the better.

Curtains should always be gracefully arranged, and when no cornice is fitted to the window, a neat valance can be made to serve the purpose.

Don't crowd the walls with pictures. A few good ones, judiciously arranged, will set a room off far better than twice the number crowded together without taste.

Thus we come back again to the word we started with, and, truth to tell, volumes of hints would avail little in regard to this matter of home decoration, without taste.

THE SECOND NECESSITY OF LIFE.

The second necessity of life is food to eat: no sane person doubts it, but there is much diversity of opinion as to what food is best suited to man's constitution. Some contemporary physicians have given their testimony to the sufficiency, and the healthfulness, and the economy of a vegetarian diet: but. on the contrary, others declare that if a man wishes to attain the highest state of bodily perfection he must eat flesh. The fact is, men eat and drink whatever pleases their disordered palate, or whatever the great or the many advocate, and trouble themselves very little about the cost, or the waste, or what is best. Consider the quantity of land really wasted in growing barley for brewers and distillers, the land wasted on hops, the land wasted on tobacco, and other mere luxuries, for not one of these articles on which we waste so much land, air, sunshine, and labour, is a necessity of life. Men get to love these luxuries, and to deem them necessities, but they have not the highest reason on their side. They may make assertions, and they may quote authorities, but what is the use, unless they have evidence to confirm as well?

The question is, not what substances man can contrive so to adapt himself to as to believe they are comfortable, but what substances are really adapted to the vital interests of his system.

The first thing to do in order to ascertain what is the diet most proper for man, is to inquire what is the most natural to him. Natural food is a condition of health to every organised being. Man is an organised being, therefore natural food is a condition of health to him. Many may smile at the idea of man having a natural food, for it has been and is now very often asserted, that whatever kind of food the ingenuity of man has been able to discover, that kind of food is natural and proper to him; but, remember the ingenuity of man often causes him to err, not only in the matter of food, but in other things as well. It is man's ingenuity which teaches him to pick his neighbour's pocket, or to swindle him of his property by the cunning art of forging his signature.

Man was designed to exist in that condition which the right exercise of sound reason shows to be most consistent with his nature; but we must beware, for custom will endeavour to persuade us that reason and nature are on our side; but nevertheless we will try to discover man's natural and best food.

The most healthful and the happiest life in this world is that of working upon the land, and living upon the products of the earth, air, and sunshine. It seems to come nearest to the Eden life, when there were no butchers' shops, and no public-houses, no doctors, and no drugs; for where simplicity of living on natural food, temperance, air, exercise, and cleanliness, are practised, disease is a stranger. No medicines to cheer or soothe are required there, for no one can be sad or gloomy who lives in accordance with nature's laws and with nature's God. It is out of the power of man to change these laws, or to lessen their power in any way. The two Eden characteristics, goodness for food, and pleasantness to the sight, have been supplanted by unsuitable food and a dreadful slaughter-house, disgusting to the sight. And mark the sequel: feeble health, short life, incessant toil, and toil of the most degraded kind. Civilisation, which should have raised us higher, physically and morally, has instead burdened us with heavy cares, and with diseases physical, mental, and moral. Comparative anatomy proves man to be naturally frugivorous; that is to say, he is formed to subsist upon fruits, seeds, nuts, and the like. He is not carnivorous—not made to take his aliment at second hand. If man is not organised to eat flesh, no power of reason can make it suitable for him, or make him naturally omnivorous, nor can it make him artificially so, without detriment to his nature. In the present day many look upon man's *natural* food as an unwholesome luxury; but it is only the diseased organisation which prevents the easy digestion of natural food. Fruit naturally suits the human stomach, it is suited for it, but *not* when the stomach is loaded with fish, flesh, or fowl. Abstain from *these* luxuries, and do not mix it with wine, and other stimulants, in the stomach, and friendly terms will soon be established between old antagonists. Live upon the seeds of the vegetable world, which are its eggs, and upon the fruits, which are its milk; these form the most perfect,

the most natural food for mankind. By obedience to the laws of nature and of nature's God, disease both physical and mental will be avoided. Mankind does not believe that its dietetic and other habits have anything to do with the preservation of health, and the consequence is that men prodigally waste their resources as if the energies of life were inexhaustible; and when they bring on disease which surely destroys their comforts, they run to the physician, not to learn what law of life they have violated, and thus brought the evil upon themselves, and by what means to avoid the same, but, considering themselves visited with afflictions which they have in no way been concerned in causing, they require the physician's remedies by which their sufferings may be alleviated. "But be not deceived." Prevention is better, and safer than cure. Those who are not born robust, or who are sickly, may improve their condition by living naturally; in other words, by living in accordance with nature's laws: and those who are already robust, may keep so throughout their life, by the same way only.

R. SHIPMAN

THE GOVERNMENT WATER BILL.

HOUSE OF COMMONS, MONDAY, MARCH 8TH.

Sir C. DILKE.—The right hon. gentleman did not mention one very important measure, which has been introduced by the Government—I mean the Water Bill. (Laughter.) Some people seemed to think that that Bill was the subject on which the Government were likely to dissolve, and therefore it would be desirable to know what is to be done with it. (Hear.)

Mr. CROSS.—The hon. baronet must know perfectly well that I stated the other night that as far as any bargain with the water companies was concerned it never was the intention of the Government in any form or shape to force any bargain upon the public. The only proposition which the Government has ever made in regard to the matter is this—that a measure should be introduced into the House and go before a committee, and if the committee or the House thought the bargain would not be a beneficial one, there would then, of course, be an end to it. There was no intention on the part of the Government to force any proposition on Parliament. (Hear, hear.)

HOUSE OF COMMONS, TUESDAY, MARCH 9TH.

Sir CHARLES DILKE gave notice of his intention to move for a return—

"Of the financial statement on which the calculations are based of payments to be made to London water companies under the proposed Metropolis Waterworks Purchase Bill, showing, in columns, name of company; amount of preference and debenture stock; debentures and loans; total of same; ordinary share capital; total net revenue; total dividend paid on debenture and preference stock; on debentures and loans during the last five years; net revenue, less interest on debentures; rate per cent. of interest on ordinary capital; additional revenue required to provide for prospective increase on bonus proposed; years' purchase proposed of net receipts and interest on loan debentures, &c.; equivalent value per £100 of stock; market price of same on the 30th day of June, 1879, and present price; total gross receipts and working expenses, separating maintenance and management, in the latter specifying allowance to directors; proposed compensation; estimated savings in salaries of secretaries, clerks, auditors; commission to collectors; law and Parliamentary charges; rate of increase per cent. under all items of receipt and expenditure for five years past; rate of increase of net earnings per cent. for last five years; calculation of increase per annum up to 1892 inclusive, with statement for last five years of cost of repairs of reservoirs, filtering beds; repairs of mains, pipes; pumping; engine charges; coals; wages; filtration; salaries of engineers, inspectors, and superintendents; rates and taxes; miscellaneous rents; total maintenance; allowance to directors; salaries of officials, secretaries; commission to collectors; stationery, printing, and general charges; law and Parliamentary charges; total management; total expenses, gross and net; percentage of gross receipts to net; also showing average cost per million gallons of working expenses."

Mr. SAMUELSON asked the Secretary of State for the Home Department whether, before concluding his negotiations with the London water companies, he obtained reports and estimates from competent engineers of the probable cost of extra works, if any, required to give an adequate constant supply of pure water on the transfer of the various undertakings; a similar estimate for works having the same object during the period covered by the proposed payments of deferred stock, and a report and estimate of the cost of establishing entirely new works adequate to afford such a supply over the area served by the existing companies; and, if such reports and estimates had been obtained, whether he would lay them upon the table.

Mr. CROSS.—Of course all these questions were matters which had to be very carefully considered, and if the Bill had gone into Committee, I should have been prepared with evidence to put before it to show what would have been the expense of these matters. They are not in a form to be laid on the table, nor at the present moment in the present state of affairs do I think it would be conducive to the public interest that they should be laid on the table; but whenever the Bill gets, if it does ever get, into Committee—(laughter)—I will take care that these matters are laid before it.

Sir C. DILKE asked the right hon. gentleman whether he could not give any return on the subject? He understood the day before that a return would be given, although in a slightly altered form, and he had been expecting that return from the Home Office.

Mr. CROSS.—If the hon. Baronet will allow me to communicate with him before the end of the evening I shall explain what my views are on the matter.

Mr. Alderman COTTON asked in what position the new Water Bill (Metropolis) now stood; and whether it would not be better to withdraw such Bill at once, seeing that there was not any chance of its being passed before the dissolution of Parliament.

Mr. CROSS.—Mr. Speaker, I thought I had explained last night in answer to the hon. baronet the member for Chelsea that the Bill would not appear on the paper again this session. (A laugh.) At present the public are not willing to pay the price—(Cries of "Hear, hear")—for which alone at present the companies are willing to sell, and, therefore, the matter will remain in abeyance. I wish, with the permission of the House, to correct two errors which appear to prevail as to what I said on two points. First, I am reported to have said that there would be a saving of £50,000 in the year 1880-81 from the consolidation of the staff and engineering operations. What I believe I did say was that there would be a saving of £50,000 owing to the basis on which the income of the companies for that year was calculated, and the abolition of directors' fees, besides any saving from consolidation of the staff and engineering operations, which matter is variously computed at from £75,000 to £100,000. Secondly, as to the impression which apparently prevails from what I stated that the ratepayers would not be consulted. I do not understand how this matter could at all have got abroad. The whole object and end of the Bill was that the ratepayers should be brought into the same committee-room with the companies, and that the ratepayers should have every opportunity of pressing their views upon the committee for the rejection of the Bill if they thought it was not a beneficial bargain to them. Should the matter again come forward the ratepayers may rest assured that they will be duly consulted, and have ample opportunity for stating their views.

Mr. GOSCHEN.—May I ask a question also of the right hon. gentleman with regard to this Bill, which, if more convenient, I will put down for Thursday. It is, whether any steps could be taken before any legislation takes place with regard to the water companies to prevent any alteration in the relative position of those companies and the public in the interval. I mean, for instance, precautions that the water companies should not again raise their rates upon the public—(cheers)—before the next valuation, and then make that raising of the rates a further argument for an increased price when fresh negotiations were opened. (Hear, hear.) I would ask the right hon. gentleman whether he can state anything now to the House, or whether he would on Thursday be able to make a statement as to whether it is possible by a short clause, or by any other means, to endeavour to maintain the *status quo* in regard to these water companies. (Hear, hear.)

Mr. CROSS.—The right hon. gentleman informs me that he is going to ask that question on Thursday, and on that day I will be prepared to answer it.

HOUSE OF COMMONS, WEDNESDAY, MARCH 10TH.

Sir CHARLES DILKE moved for the return notice of which he had given on the 9th instant.

The motion was agreed to.

THE ST. JAMES'S VESTRY.

AT the meeting of St. James's (Westminster) Vestry, held on the 4th inst., Mr. Bradshaw called attention to the above Bill, and proposed its reference to a committee for consideration and report.

Mr. Beal, in seconding, hoped all the vestries would prepare a powerful opposition. He explained that by the Bill more than £22,000,000 was to be paid for £12,000,000 of capital, and that over twelve years a bonus was to be added which would be more than £9,000,000, or a total of over £31,000,000, which would absorb at 3½ per cent. over £1,100,000 per annum, besides interest on expenditure on new works and enlarging present ones; whilst the present income was only able to pay interest on the £22,000,000, with a bare surplus; and that the bonus would absorb all increased income, even if the present growth of revenue was maintained. He referred to the patronage to be created, to the continuous interference of the Government proposed by the Bill, to the absence of any necessity for a new Board, as the outlying districts to be included could be for this

purpose tacked on to the Metropolitan Board, as well, or better, than the metropolis being tacked on to them. He denied that a monopoly price should be paid, as there was no monopoly, and in the consideration the interests of the ratepayers had been absolutely ignored. He protested against the scale of pensions proposed, and showed that the price was nearly forty years' purchase—a bargain, he thought wasteful and extravagant. He contended that a competing scheme of supply was the right battle to fight if the Companies declined to accept reasonable terms. The resolution was unanimously adopted, and a special Vestry fixed for the 11th inst.

THE LONDON WATERWORKS PURCHASE BILL COMMITTEE.

A COMMITTEE sitting at No. 20, Regent Street, and formed for two objects—viz., "(1) to secure a more moderate basis of settlement, as regards the purchase of the property of the water companies, by several millions; and, (2) in default of adequate concessions, to be prepared to present to Parliament a competing scheme of supply"—forwarded on Saturday afternoon the following petition to the vestries and other public bodies in the metropolis for adoption by them :—

"To the Honourable the Commons of Great Britain and Ireland in Parliament Assembled.

"The petition of the undersigned showeth,—That a Bill is before your Honourable House intituled the 'Metropolis Waterworks Purchase Bill.' That such Bill provides for the establishment of a water-trust and the acquisition of the works of the several companies supplying London with water. That inasmuch as great dissatisfaction has been felt by the consumers with the quality of the water supplied and the increased and increasing rates imposed by the companies, arising from the erroneous principle upon which they claim to be entitled to charge—viz., upon the annual value of the premises rated, by availing themselves of the Valuation Act, 1869—it is eminently desirable that the undertakings should be transferred to a municipal authority representative of all London, in order to stay the growth of what threatens to be a monopoly opposed to the interests of the community and to make better provisions for constant supply and the protection of property from fire. When all this is admitted your petitioners represent that the creation of a new administrative body in the metropolis is fraught with the very ills it is designed to amend, and that recourse should be had to the utilisation of an established body like the Metropolitan Board of Works, which should be altogether apart from any portion of Governmental administration. That because the companies supply small areas outside the administrative district of the Metropolitan Board it is no reason for tacking the metropolis to such small areas, but rather a reason for tacking the small areas to the metropolis—it is a policy of levelling down, while London might at least expect a policy of levelling up. That the Government patronage proposed, the continuous interference of a Secretary of State, is a departure from the legislative principles of the Municipal Reform Act and is an outrage on local self-government. That the metropolis, if clothed with adequate municipal authority, is ready to fight its own battle with the companies, as Liverpool, Glasgow, Manchester, Birmingham, and other great towns do, without Government interference. That the terms of payment proposed are onerous, and excessive, and will impose unjust and unnecessary burdens on the ratepayers. That no monopoly has been established by Parliament, and that the ratepayers only want municipal life to enable them to propose a competing scheme of supply against the present imperfect and defective and extravagant system. That the terms proposed are financially impracticable. That to pay more that £31,000,000 for a property earning and dividing only £787,366 per annum is to pay 40 years' purchase for a concession, which at present may be challenged by new schemes, the outlay upon which, for purer and better and constant supply, would not exceed £12,000,000. That against the demand for a bonus, for progressive increase of earnings, we set the right of the consumers to a competing supply. That to pay off debentures and loans bearing 4.40 per cent. interest, by water stock at 3½ per cent. is an unrighteous tax on the ratepayers, as the same should be redeemed at par, the money for which could be borrowed at 3½ per cent. The excision of this item (£3,156,589) from the stock to be acquired, leaves the share capital at £8,854,731, which at present earns only £648,269, and for this we are asked to pay more than 28 millions. The price paid in the case of the Stockton and Middlesbrough Act, one of the most onerous ever sanctioned by Parliament, was 25 years' purchase, which, applied to the case of London, would be a total of £16,206,725; and, if we add 10 per cent. bonus, it would be £17,827,397, *plus* the discharge of debentures and loans, or a total of £20,983,986. That even if London is compelled to accede to these terms, and against which a powerful opposition would be raised, it only marks the present proposal as excessive, which is evident by the enormous increase in the speculative price of the shares of the companies, as the following table shows :—

Companies	Jan., 1879.	July, 1879.	Jan., 1880.	Now, 1880.
Chelsea ...	153	153½	187½	242
East London ...	151	163½	194½	239
Grand Junction	82½	87½	116½	136
Kent	210	210	245	336
Lambeth ...	153	157½	187½	261
Southwark ...	—	130½	185	278
West Middlesex	137	145½	174½	196

That the proposal to form a sinking fund of £400,000 per annum, at the end of 12 years, with then existing charges of over £1,250,000 per annum on revenue, and a possible income, growing at a rate of from 2 to 4 per cent. on present revenue, is financially impracticable, unless a new and special water rate is levied on the ratepayers of at least 5d. in the pound. That the increased income of the companies, with the aid of the use of the Valuation Act, in the six years from 1871-72 to 1877-78, has been a total of £177,706, which is not likely to be maintained, as they have nearly sucked the orange dry; but, even if maintained, the total income of 1892 would not suffice to pay the then interest charge, if new works are to be erected and new capital employed. That an inquiry into and audit of the capital accounts should be made, as was done in the inquiry preceding the Water Act of 1852. That the bargains made as to retiring pensions and the loose money scheduled in page 28, are bargains too costly to be confirmed with a due regard to ratepayers' interests. That your petitioners represent that the proper modes of compensation should be by payment of terminating annuities, to represent a fixed (agreed) number of years' purchase of present income, or at a valuation, with due regard to the public right to establish an independent supply. Your petitioners pray that such Bill may be amended, so as to largely reduce the cost of acquisition; to entrust the administration to the Metropolitan Board of Works, with such alterations in its constitution and increase of numbers as may enable it to efficiently discharge the increased duties, by the elimination of all Government interference, and by absolute loyalty to the principles of local self-government. And which your petitioners pray, &c."

AT a meeting of the London Waterworks Purchase Bill Committee, held on Tuesday last, at 20, Regent Street, under the presidency of Mr. James Beal, the annexed resolutions were unanimously passed: 1. "That it is eminently desirable that the Water Bill should not be withdrawn, but that every opportunity should be afforded the ratepayers to come to terms with the companies during this year in Parliament." 2. "That after the representation made by Mr. Cross, in reply to Sir C. W. Dilke, further opposition to the Metropolitan Waterworks Purchase Bill be suspended by this committee; that Mr. Samuel Morley, M.P., be requested to ask the Home Secretary to take the second reading of the Bill before the dissolution, and to include the Bill among those to be renewed in the next Parliament." 3. "That Sir Charles Dilke be requested to press for his return, which was to have been moved for on Monday, as essential to the due consideration of the financial aspects of the Bill when under the consideration of the Parliamentary Committee."

THE STOCK EXCHANGE—GREAT RISE AND FALL OF WATER SHARES.

ON Monday, the 1st inst., the day before Mr. Cross introduced his Water Bill, the values of the shares of the principal companies, excluding the New River Company, stood as follows :—

Chelsea	203 to 208
East London	219 to 215
Grand Junction	116 to 120
Kent	280 to 290
Lambeth	200 to 205
Southwark	215 to 220
West Middlesex	177 to 182

On the 4th inst. (Thursday) they reached the highest point, standing at :—

Chelsea	240 to 258
East London...	235 to 241
Grand Junction	132 to 140
Kent	325 to 345
Lambeth	255 to 264
Southwark	260 to 280
West Middlesex	192 to 196

On Tuesday, the 9th, the effect of the Home Secretary's announcement that it was not intended to force a bargain on the ratepayers, and the announcement of the dissolution, produced the following effect :—

Chelsea	180 to 190
East London	185 to 195
Grand Junction	100 to 110
Kent	260 to 280
Lambeth	185 to 195
Southwark	185 to 195
West Middlesex	160 to 170

ANOTHER WAY OF CHOOSING A HUSBAND.—The Wagaris of India are distinguished for truthfulness and apparently great kindness to the weaker sex. A woman of the Wagari tribes, it is said, is not required to labour; and she possesses, moreover, the curious right, by long-established usage, of choosing a man for her husband. This choice is exercised by her in a novel manner. She sends a hair-pin to the man on whom she has set her affections, with the request that with it he will pin a handkerchief to his cap. Should he reciprocate her attachment, he is only too pleased to carry out her wishes, and, when doing so, names the woman who has sent the pin, whom he is obliged to marry forthwith.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: MARCH 13th, 1880.

THE GOVERNMENT WATER BILL.

THE supreme importance of the water supply question is our excuse for occupying so much space this week in recording the stages of the opposition to the Government proposal. Our readers are thus put in possession of the whole of the facts of the case, and the record will be of great value when the question comes to be dealt with in the new Parliament. The deep interest taken in the subject is indicated by the following

OPINIONS OF THE PRESS.

THE *TIMES*.

WHETHER the Metropolitan Water Trust Bill can be allowed to pass into law threatens to become a serious question. There are very powerful arguments to be urged in favour of the rejection of the proposal, while there is a comparatively small chance of amending it; but against all these considerations must be put the argument of arguments that since the Executive Government of the day have committed themselves so deeply with the companies it is almost beyond hope that they or any other Government can make better terms with them. Different minds will attach a different degree of force to this counter-consideration, and upon a proper estimate of its weight depends the choice of conduct that should be made. The public opinion of the moment is strong enough to support the rejection of the Bill. Some will say it is strong enough to insist on this rejection. Without affecting to decide this point, we may fairly interpret the judgment of the ratepayers of the Metropolis, as declaring that if the Bill is to pass the companies must be content with less liberal terms than those to which the Home Secretary has provisionally assented. Every one knows that they have made an extravagantly good bargain in their provisional arrangement with the Home Secretary. If it is adopted by Parliament, they will receive for their properties 75 per cent. more than they were valued at in the markets six months ago. Undertakings then valued at less than 17 millions will be paid for in stocks, the present value of which considerably exceeds 29 millions. How have the companies obtained the prospect and promise of so enormous a bonus? An examination of the Home Secretary's speech of last August would appear to exclude the possibility of such a gain, but we ventured to predict many weeks since that the apparently strong language of the Home Secretary would be falsified in the result. The prediction excited some fume at the time, but the logic of facts has proved it to have been well founded. What did Mr. Cross say last August? He deprecated a division on Mr. Fawcett's motion that the water-question should be dealt with by the Government, because a vast amount of money had been invested in the stocks of the water companies, and, if any notion went forth that Mr. Fawcett's motion might be acted upon, there would be a disturbance in the value of the stocks that might result in the greatest injury and disappointment. "If the Government did undertake a scheme which might be recommended, they would not have regard to any prospective addition to the value of the stocks of the water companies. They would take those stocks as they found them on such a day, as, say, the last day of the last half-year, and no speculative change in the value of the stocks or the action of the companies would have the smallest weight with the Government in any proposal they might have to make. That he wished to be most clearly understood by all those who might desire to deal in the stocks of the water companies, either by buying or selling." Nothing can be plainer than this, and it is absolutely irreconcileable with what has happened. If the Home Secretary wished to contradict himself, he could not have done it more directly. How has it come about? Simply because concurrently with these brave words, he laid down the principle that if the whole of the powers of the water companies should be surrendered to some body appointed by the Government, the surrender must be effected by agreement. This put the whole control of the bargain in the hands of the water companies. There are but eight of them, and as long as they stood by one another their decision was irresistible; nay, if two or three of them stood out, they could of themselves suffice to upset the whole scheme. Seeing how Mr. Cross thus went into the negotiation with his hands tied, the companies may claim to be astonished at their own moderation. Why did they not ask for more? Nothing but the fear of the veto of Parliament in the background could have checked their exorbitancy. As it is, they have stretched everything to the uttermost. They have brought into account those prospective additions to which Mr. Cross declared he would not have any regard—additions which were discounted and allowed for in the current value of the stocks before the negotiations began.

What, then, is to become of the Water Trust Bill? It is a serious question. The argument is irresistible that the principle on which the pecuniary part of the scheme has been based is wrong, and unless great modifications can be made in the terms of the transfer it ought not to be approved. As to the political part of the Home Secretary's plan—the constitution of the new governing body or trust—it is like the Ptolemaic system of the universe, and provokes a reflection such as that attributed to King Alphonso when that system was explained to him. An unskilled amateur in legislation could have contrived something simpler. Nevertheless, there is the risk, on which we have dwelt, that if the Bill is rejected we may fail to get anything better in the end. The ratepayers of the metropolis are almost voiceless; they are not organised; and although they may be strong enough in their resentment to-day, it is ill work trusting to their constancy. A Government which girds itself up to deal with corporations and companies in a resolute manner must be satisfied with the reward of a good conscience, for those whom it benefits will not long retain their feelings of gratitude, and those it disturbs will not soon cease to bear it ill will. It is almost too much to expect Governments to be thus energetic in well-doing at their own cost, and though the imperfections of the Home Secretary's Bill are manifold, Parliament may hesitate to reject it altogether. It will be for the House of Commons to make the measure more consistent with justice and the rights of the people of London.

THE *DAILY TELEGRAPH*.

Mr. Cross's otherwise attractive Water Bill is gradually provoking the opposition which we foretold must be aroused when its financial aspect came to be carefully considered by the ratepayers. Excellent in aim and most comprehensive in scope, the measure, as we said on Thursday, had and has one most objectionable feature. Its projectors have been too indulgent to the interests of the Companies and too careless of the interests of the ratepayers. The scheme would be a very good one were it not that it compels us to pay people who for years have "received good things," somewhere about £31,000,000 for property and privileges valued at little more than £12,000,000. This great fact cannot be argued out of the field, and it cannot be explained away. Mr. Cross may think that it is right and fair to take this generous view of his duty to the companies. It may be commercial justice to give the enormous sum he proposes to allot them, and we do not blame these corporations for demanding it, especially if they had—as appears by the market—the belief that such a request would be entertained by the citizens. The answer of the ratepayer to all such deprecatory suggestions is that it will not pay him to be so generous; that if he cannot get control of the Water Companies' privileges for less than 13 millions he had much better let them alone, and go into the business of water-selling on his own account. The average householder is becoming convinced that it will be a much cheaper and more satisfactory thing to bring into London a new supply of water, under public management, than to buy up the companies on the terms they have exacted. The Home Secretary said he could make no better bargain, and that the strength of his scheme lay in the fact that we must either take it or leave it. The ratepayers and the representatives of the local authorities, however, may be by no means silenced when confronted with this Hobson's choice. They are beginning to say, "We will rather leave it, if you please;" and they say this because they are not at all sure that Mr. Cross could not have made a far better bargain for them. He is a most able and zealous Minister, with difficulties to combat which we do not undervalue. Still, he has a

cause to champion which affects vitally the health and domestic comfort of four millions of people. He has in fighting that cause a weapon in his hands the mere exhibition of which would be enough to ensure moderation on the part of his adversaries. Nevertheless it seems that he has capitulated without making any effective fight; he has surrendered without even the honours of war.

The Water Companies, indeed, are not in a position to dictate to Mr. Cross, or say to the ratepayers, "These are our terms; take them or leave them." These corporations have no monopoly of supplying London with water, and it was quite within Mr. Cross's power to have told them that if they sought an extravagant compensation for the transfer of their business to the metropolis, its representatives would simply introduce a new water supply on its own account. Everybody knows what the effect of that would be, because the people of Richmond, weary of the oppression to which their Water Company subjected them, have actually done what we say Mr. Cross might have threatened to do. The result is that, so far as Richmond is concerned, the property of the company is practically set aside. They might, we are told, just as well take up their pipes, only that it would not pay even to remove them from where they are, and we rather think that, with this gentle admonition looking them in the face, the companies would have proved less imperious had Mr. Cross shown a greater degree of obduracy.

Indeed, when the project is critically examined, it is hard to see how it will stand the scrutiny of a fairly chosen Committee. It bristles with sacrifices offered up to the shareholders for which the ratepayer is not compensated by the confiscation of most of the patronage of the New Water Trust. In the matter of debentures, for example, we have a typical instance of the way in which the ratepayers' money is poured into the coffers of the Companies. At the present moment, of the £12,011,320 nominal capital of the Companies, £3,156,589 is lent to them at 4.40 per cent., and it is clear that the New Water Trust could easily pay off the debt by borrowing the money at 3½ per cent. But it is not proposed to do this. The debenture holders are to obtain as much 3½ per cent. stock as will still yield them the return they get from their 4.40 per cent. loans—in other words, the ratepayers, without any imperative reason, are to make them a free gift of £800,000. The New River Company, in consideration, we suppose, of its generous treatment of the ratepayers in the City, is not merely to get £6,080,000 for its £2,019,958 of stock, but will also have twelve annual issues of deferred stock. If these were capitalised they would yield now, on a moderate estimate, say £2,337,000; and, adding this sum to the amount of new stock for which the old is transferred, we find that for £2,019,958, the nominal capital of the Company, £8,447,000, or £418 per £100 share, is to be disbursed by the ratepayers. Moreover, the Company is permitted to retain its heritages and houses—the rack rents of many of which are about to fall in—an arrangement to which there would be no objection were it not that they are included in the capital of the Company, for which London is asked to pay the £8,447,000. In fact, under this Bill, the New River Company have taught Mr. Cross a new lesson in acuteness—that is, how it is possible when dealing with the metropolitan ratepayer to sell him for cash an article the delivery of which he is bound not to seek from the vendor.

THE *STANDARD*.

The *Standard* observes that Mr. Cross has distinctly intimated that it rests with Parliament either to accept the terms of purchase or to reject them. In his opinion, there is no possibility of making a better bargain. We are quite unable to agree with him. It is the duty of the Government to watch with jealous care over every sixpence of the public money, and to see that no unreasonable private gains are realised at the expense of the community. In the present case it would almost appear as if even the Water Companies scarcely knew how good a bargain they had made. Surely something less than the colossal bonuses they are now getting in the Share Market would have satisfied these gentlemen? What will they say to it if, after all, the transaction should fall through? Would they not have taken a smaller price in order to secure that the bargain should stand? We warned the speculators from the first that they might be disappointed. The Water Companies possess a powerful and valuable monopoly; but they may put too high a price upon it, and if left on their hands it may not always be so profitable as they expect. It is our duty to offer these observations, though we admit that it may possibly be shown that even this extravagant bargain is too good to be abandoned. The economy that will be introduced and the sanitary benefits that will follow may be held to make the transaction one to be desired in the interests of the public. The Water Companies may be left to rejoice as they divide the spoil, while the public may be equally glad that a great and growing monopoly has for ever been brought to an end. Whether this view will prevail remains to be seen. The Committee to which the Bill is to be referred, although having no opportunity to improve the bargain, will necessarily investigate its details, so as to see whether or not it is one which they can recommend to the approval of Parliament.

THE *PALL MALL GAZETTE*.

The extreme and almost universal dissatisfaction with which the proposals of the Metropolitan Water Trust Bill have been received is to a great extent a reasonable feeling. In part, no doubt, it is due to a certain irritation which is rather a natural than a strictly rational impulse. If Mr. Cross's bargain with the water companies had been as good as could have been made—if, that is to say, it were an ascertained fact that the metropolitan public could not by any legitimate form of procedure have obtained command of its water supply at anything less than the immense sum which it is now proposed to pay—they would still have felt some resentment against those who were able to drive and had driven so hard a bargain with them. But a sentiment of this kind, unreasonable perhaps in the case just supposed, acquires a strong element of reason so soon as it becomes doubtful whether the hard bargain is not to some extent a result of unskilful negotiation on the part of the purchaser. And that point is in the present case exceedingly doubtful. What is seen is that the metropolitan ratepayers are being practically called upon to purchase the interests of the London water companies at the latter's own terms—and these the terms of proprietors who have a monopoly of the subject-matter of sale. What is not seen, and indeed is very strongly disputed, is the wisdom of a course which has enabled the water companies to propose such terms and to obtain virtual recognition of the status which alone could warrant their exorbitancy. Though they have no statutory monopoly, they have contrived to deal with the public as though they had; and this fact alone is sufficient to show that a false step was taken at the outset. Before Mr. Cross made his statement of last year it was open to the Government to consider proposals of any kind and from any quarter for supplying London with water. There was no reason why the purchase of the present machinery of supply should not have been treated merely as one among other competing methods of acquiring the control of this most important service; and though a judicious desire to minimise the commercial disturbance of the change would very likely have given the water companies a considerable advantage in the competition, they would at least have been prevented from acquiring, as at present, an absolute control over the terms of the arrangement.

THE *DAILY CHRONICLE*.

The general feeling is adverse to the purchase on the terms which Mr. Cross recommends, because it is believed that the price is excessive. It was inevitable that a proposal of this kind would excite keen hostility on financial grounds, but it is necessary, before rejecting the scheme altogether, to consider well all the facts which bear upon the case. Until we are furnished with much more detailed information we must suspend our judgment, but we consider that it is most inadvisable to condemn off-hand a scheme which in itself most people believe would prove to be beneficial. In his speech on introducing the Bill, Mr. Cross remarked that the question is in no sense political; but it is certain that if his scheme proved a failure his administrative reputation would suffer to a serious extent. This fact could not have escaped the Home Secretary's consideration, and it constitutes, therefore, a guarantee that he has made the best arrangement that he could possibly obtain. We are exceedingly anxious that the question now at issue apparently between the Home Secretary and the public should be determined in accordance with rules of strict fairness. Because the price which Mr. Cross recommends to be paid for the property of the Water Companies seems to be unreasonable, we are not inclined to condemn the scheme without due investigation of the circumstances by which it is affected. We do not deny that the Companies will make a good bargain if Mr. Cross's proposals are adopted, but we ought not to forget that they are in a position to demand good terms. It has long been felt that the property of the Companies ought to be acquired by the public; and the speech of Mr. Fawcett last Session brought the matter to a head. During the recess the Home Secretary has redeemed his promise to deal with the subject; and the scheme which he has laid before Parliament is the outcome of his inquiries and considerations. Under such circumstances there is *primâ facie* evidence in support of the proposals that have been made. The Minister is always able to draw his information from the best sources, and to obtain the most competent advice. We imagine that Mr. Cross has been careful to get this information and advice, and to satisfy his own mind that the bargain which he recommends is the very best that can be made.

THE *MORNING ADVERTISER*.

We may well hope that the Government plan will be received with general satisfaction, although it may be modified in one or two details before it is finally accepted by the Legislature. It bears every mark of careful preparation, and at any rate it is a straightforward attempt to deal with a question of great difficulty, the intricacy and extent of which have increased year by year. Whether the profit likely to be derived from the supply will enable the Water Trust to give us wholesomer as well as more plentiful water remains to be seen. But we could not at any rate be worse off in some districts than we are at present.

THE *WEEKLY DISPATCH*.

In August last Mr. Cross soothed the minds of the often-fleeced, much-enduring London ratepayers by telling them that when the undertakings of the various companies came to be valued no account should be taken of the interim transactions of speculators in the water companies' stock. How has the Minister kept his promise? He has "agreed" with the companies, or rather with their directors, to a scheme of water supply transference which must delight the heart of every stockjobber on 'Change, and fill the public mind with dismay. The Bill may be described as a stockjobbers' Bill first, and a ratepayers' Bill after an interval of eighty years. "Threatened men live long," and threatened stockjobbers live very long. No sooner was the Home Office known to be in negotiation with the water

companies than shares rose enormously in the market. The "tip" was a good one and we are greatly misinformed if certain highly-placed personages did not buy and sell timeously who may be said, from their intimate knowledge of Ministerial intentions, to have been "betting on a certainty." The Queen's Speech had "kept it dark" to some purpose. The peculiarity of the Government project is that no money is to pass directly from the ratepayers to the shareholders of the companies. The latter are to receive, in lieu of their old, new stock, bearing interest at three and a half per cent., and payable to them by water trustees representing the London public. Now, three and a half per cent. does not look a very formidable rate of interest when it is stated that of the eight water companies the interest at present exacted by the lowest is six and a half per cent., and the highest ten and three-fourths. But "things are not what they seem." As the shareholder's dividends ostensibly diminish, his capital grows in—nay, beyond proportion. What Mr. Cross has said to the stewards of the water companies is practically this: "Wherever you have £100 bearing interest at six and a half, write down quickly £200 at three and a half." By this species of financial legerdemain, the fact that the speculators have run up the cost of shares in the interval between August last and the current month 120 per cent. in some instances, and that the public is to be called on to pay to that shameful tune, is dexterously concealed.

THE *WEEKLY TIMES.*

Taking Mr. Cross's own figures, of thirty-one millions, the interest will amount to £1,080,000 a year, independent of the working expenses, which we fail to see will be less than they are now, even after allowing that some £50,000 a year in managerial expenses will be saved by unification. The new water trustees, partly nominated and partly elected, will have no particular interest in keeping down expenses as the present directors have, and, like all semi-official bodies, extravagance will be the order of the day. It is not safe to prophesy, but we venture the opinion that, if the present scheme becomes law, the £50,000 gained in one direction will be exceeded in others. We have used the words, if the present scheme becomes law. This is just what every ratepayer must take care it does not, without considerable alteration. Such a barefaced attempted swindle must be resisted to the very utmost, and we hope that every vestry in London will take immediate steps to protect the ratepayers. It is decidedly better to bear the ills we have than to fly to the remedy now proposed by the Government. Rather than submit to the extortionate demand of the companies, it would be far more satisfactory, and even cheaper in the end, for the ratepayers to promote an alternative scheme for an independent and pure supply. The true remedy for monopoly is open competition, and the exaggerated demands of the Water Companies put them beyond the range of sympathy, if it should be ultimately found they have over-reached themselves. Taking the population of London at 3½ millions, the water supply will cost nine pounds a head. Birmingham acquired by purchase an equally good supply as London will get, at a cost of three pounds a head of the population. Why should London pay three pounds for what the midland metropolis paid one for? When this question is answered satisfactorily, we shall be prepared to support the monstrous proposal enunciated by the Home Secretary.

LLOYD'S WEEKLY NEWSPAPER.

The Home Secretary rose at twelve o'clock on Tuesday night—(we choose odd moments for great Parliamentary enterprises in this country)—to lay before the few members who had not already gone home to bed his matured propositions. These dealt with a question affecting the health of four millions of human creatures, and involved a sum of about thirty-two millions sterling. Had the question been the repair of a water butt, it could not have been more tamely treated. Probably the great body of absentees from the House felt that the subject the Home Secretary had in hand would be best studied at home, and were satisfied that it would not be settled by the present Parliament. That the water supply of London should have been delayed till the last session of a long, drawn-out Parliament, is not to the credit of the Government; but that it should be disposed of hurriedly on the eve of an appeal to the country is hardly decent. To satisfy the water companies is one thing; but the water consumers remain, and these should surely have an opportunity of making their voices heard before they are saddled with another costly central monopoly, supplemented by the trouble of another set of electoral contests. The time has not yet come to pass a final judgment on the scheme. It has been well considered. It has the merit of requiring no financial operation for raising over a score of millions sterling. The money part of it is ingenious, and, we should say, sound enough. If the water companies are to be turned into one gigantic trust; if we must have a turncock-in-chief on a level of social dignity with Sir Charles Reed and Sir James Hogg before we can hope to drink tolerably clean water all round; certainly Mr. Cross has presented us with a way of getting at this sublime water machinery on easy terms. But, we apprehend, that the four millions of Londoners who are chiefly concerned in the success of the hazardous experiment, will require time to consider whether or no they will accept the blessing which is offered to them, obviously with a view to the general election. London is a very healthy city, even with the bad water which is supplied to certain districts of it. We can wait, therefore, while the creation of a centralised Water Trust is fully discussed outside as well as inside Parliament. The metropolitan constituencies may fairly claim to be directly consulted on the subject, before Mr. Cross is allowed to have his way with property of the value of upwards of thirty millions sterling; and with the water supply of the greatest city on the face of the earth. He has been implored for years past to attempt to give London a municipal constitution; and he has remained deaf to all appeals. He will not re-construct, but, to serve the turn of his party, he is ready to patch at the last moment.

CURRENT OPINIONS AND EVENTS.

Last week the opponents of "local option" succeeded in breaking up a meeting at Cambridge, at which speeches were to have been delivered by Sir Wilfrid Lawson, Cardinal Manning, and Canon Wilberforce. As Sir Wilfrid was not permitted to finish his intended speech, the other gentlemen declined to address the meeting, which broke up amid great uproar.

On Friday last the hon. Baronet moved his annual resolution upon "local option" in the House of Commons. The debate, if it did not satisfy the friends of permissive prohibition, was of more than usual interest. A subject upon which Mr. Gladstone, Mr. Bright, Mr. Cross, and Lord Hartington are found speaking may well be regarded as an important one; and the fact that these statesmen feel impelled to contribute to the discussion indicates that the agitation is progressing towards some kind of settlement. The vote, however, was not as favourable to the resolution as that taken last year, which may be accounted for by the declaration of Sir Wilfrid that he regards the resolution to be an equivalent of the Permissive Bill, and to the recent elections at Liverpool and Southwark, where the "local option" candidates were defeated.

If we felt qualified to give counsel to the friends of legislative temperance reform, we should urge them to accord quiet but earnest support to the Parliamentary candidates most favourable to their views, or, in other words, to work harder and talk less than they have hitherto been in the habit of doing. When they do this they will see better results, and the question will become ripe for solution. Is it too much to expect temperance men to make this little personal sacrifice to promote the cause of national sobriety?

When we speak of the promotion of national sobriety, it must not be understood that we regard legislation as the only means of achieving so desirable a condition. We are more and more of opinion that the evils of drinking can only be successfully dealt with by a combination of personal, social, and legislative means or remedies, and not by any one singly. Hence we hail with delight every attempt made in the direction of national sobriety.

In lecturing upon "Dress in Relation to Health," at the London Institution, last week, Dr. B. W. Richardson said:—

"It was altogether apart from his purpose to deprecate good fashion in dress. Good health and good fashion would always go well together. Errors of fashion were due, as a rule, to the fact that fashions were dictated and carried out by vain and ignorant persons, who were skilled neither in art nor in the rules of health. Considering dress first of all in relation to its mechanical adaptation to the body, the lecturer objected to

everything that led to unequal pressure and to tight bindings about the body, neck, feet, and limbs. The dress should be loose and its weight borne by the shoulders. In the dress of men this was fairly accomplished, but the dress of women dragged from the waist, and occasioned physical bondage, which placed them at a great disadvantage as active workers. He condemned alike the corset and waist-belt worn by women, and the strap and belt used by boys when performing gymnastic feats. The belt interfered with free breathing, and tended to produce hernia. He suggested as a reform in the dress of women that it should be made similar in most respects to that of men. He would have mothers clothe their girls precisely as they clothed their boys, with the one distinguishing mark of a light, loose flowing gown. As to the quality of clothing, and the amount required at various seasons, warm clothing ought to be put on in September, or early in October, and not left off till the close of April. Heavy underclothing should be avoided. There was no necessary connection between warmth and weight."

Dean Stanley preached on "National Economy and Duty," at St. Lawrence's Gresham Street, on Sunday last, from the text, "Gather up the fragments that remain, that nothing be lost." He remarked that the obvious lesson—perhaps the original meaning—of the text was to inculcate that frugality and economy which sound sense and sound religion alike recommended. No doubt in public and private affairs the word "economy" was often cast to and fro as a mere excuse for not indulging in that noble enterprise of princely munificence which belonged in a great degree to our mediæval forefathers, and which now constituted some of the best characteristics of our American kinsmen who gave liberally not to found families, add house to house, field to field, factory to factory, but to create beneficent public institutions. It was in precisely the same spirit that so splendid a lesson was read to the civilised world by our brilliant neighbours the French. How marvellously they recovered from their tremendous overthrow some ten years ago! That was partly owing to the valuable natural resources of the country itself, but also in a great measure to the habits of strict frugality and saving practised by rich and poor, old and young. Let there be no needless national waste, and then there would be no needless national want. In a spiritual sense, it was the duty of people to gather out of the sacred books of other religions and nations all the good which had escaped the ravages of time. A verse from the Koran, a saying of Confucius, a word of some heathen philosopher or poet, would often impress the mind when the words of the Bible might fall flat from their familiarity. Seize such words on their own account, because they showed that the truths which Christians held dear had been venerated throughout the world, and had attracted whatever was best in the nature of man under all circumstances. As regards national institutions also, all the fragments which remained should be carefully gathered up. It was the glory of the English Constitution that in its most minute particles they came upon fragments which drew them towards their forefathers and proclaimed their wisdom. In some respects it was the special boast of this century that never had there been granted to men so keen a sense of the necessity of protecting and guarding architecture, painting, and poetry. The Renaissance and the Reformation ruthlessly destroyed every possible vestige of classic art then existing, and attempted to reduce everything to an artificial uniformity. There were, however, fragments of those times remaining, which, once lost, could never be restored, but which, once preserved, might become a shelter for new thoughts, better hopes, and a wider faith.

HOUSEWIFERY CONTRASTED.

ILL huswifery lieth
Till nine of the clock:
Good huswifery trieth
To rise with the cock.

Ill huswifery trusteth
To him and to her:
Good huswifery lusteth
Herself for to stir.

Ill huswifery careth
For this, now for that:
Good huswifery spareth
For fear ye wot what.

Ill huswifery pricketh
Herself up in pride:
Good huswifery tricketh
Her house as a bride.

Ill huswifery one thing
Or other must crave:
Good huswifery nothing
But needful will have.

Ill huswifery moveth
With gossip to spend:
Good huswifery loveth
Her household to tend.

Ill huswifery brooketh
Mad toys on her head:
Good huswifery looketh
That all things be fed.

Ill huswifery bringeth
A shilling to nought:
Good huswifery singeth—
Her coffers full fraught.

Ill huswifery rendeth
And casteth aside:
Good huswifery mendeth,
Else would it go wide.

Ill huswifery craveth
In secret to borrow:
Good huswifery saveth
To-day, for to-morrow.

Ill huswifery pineth
(Not having to eat):
Good huswifery dineth
With plenty of meat.

Ill huswifery letteth
The Devil take all;
Good huswifery setteth
Good brag of a small.

THOS. TUSSER.

LOVE.

(By Meleager, who lived about the 1st century B.C.)

I cry you Love—
At earliest break of day.
But now, even now, his wings the wanderer spread
And passed away,
Leaving his empty bed,
Ho! ye that meet the boy—for such is he,
Full of sweet tears and wit; a fickle sprite
Laughing and free,
With wings and quiver bright!
Yet know I not on whom to father Love—
For earth denies the wanton child his name,
And air above,
And the broad sea the same.
With each and all he lives at feud. Beware
Lest while I speak, he cast
A dainty snare
Over your hearts at last,
But, see! his hiding-place, his very self,
Close to my hand, behold, the archer lies,
A laughing elf
Within my lady's eyes.

UNFAILING MEMORY.—An anecdote is told of a well-known lecturer on "Artificial Memory," who was expounding his theory in a provincial assembly-room, asserting that, under his system, the memory was so disciplined that it never failed. One of the attendants, who had listened to the end with rapt attention, was about turning down the gas, when he espied an umbrella in the corner of the platform. The attendant's confidence received such an unexpected shock that he exclaimed, in tones of the greatest wonderment, "I'm blessed if that there artificial memory man hasn't gone and forgotten his umbrella!"

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

Let the fruition of things bless the possession of them, and think it more satisfaction to live richly than to die rich. For since thy good works, not thy goods will follow thee, since wealth is an appurtenance of life, and no dead man is rich, to famish in plenty and live poorly to die rich were multiplying improvement in madness, and use upon use in folly.—*Sir Thomas Brown.*

The parts and signs of goodness are many. If a man be gracious and courteous to strangers, it shows he is a citizen of the world, and that his heart is no island cut off from other lands, but a continent that joins to them. If he be compassionate towards the afflictions of others, it shows that his heart is like the noble tree that is wounded itself when it gives the balm. If he easily pardons and remits offences, it shows that his mind is planted above injuries, so that he cannot be shot. If he be thankful for small benefits, it shows that he weighs men's minds, and not their trash.—*Novum Organum.*

Take especial care that thou delight not in wine, for there was not any man that came to honour or preferment that loved it; for it transformeth a man into a beast, decayeth health, poisoneth the breath, destroyeth natural heat, brings a man's stomach to an artificial heat, deformeth the face, rotteth the teeth, and, to conclude, maketh a man contemptible, soon old, and despised of all wise and worthy men; hated in thy servants, in thyself, and companions; for it is a bewitching and infectious vice. A drunkard will never shake off the delight of beastliness; for the longer it possesses a man, the more he will delight in it; and the older he groweth, the more he will be subject to it; for it dulleth the spirits, and destroyeth the body, as ivy doth the old tree; or as the worm that engendereth in the kernel of a nut. Take heed, therefore, that such a cureless canker pass not thy youth, nor such a beastly infection thy old age; for then shall all thy life be but as the life of a beast, and after thy death thou shalt only leave a shameful infamy to thy posterity, who shall study to forget that such a one was their father.—*Sir Walter Raleigh.*

Milton, who had been Latin secretary to Cromwell, and distinguished himself by writing in defence of the king's death, seems to have anticipated the fate of the regicides. When he found himself excluded from the act of indemnity, he adopted the ingenious device of feigning himself to be dead, and ordered a public funeral procession. To this, perhaps, he, in part, owed his escape; for the king, who was heartily fond of a joke, seemed to have approved of it in the present instance, and is said to have applauded the policy of Milton in eluding the punishment of death, by a seasonable show of dying.—*Cunningham's "Great Britain."*

Walking is the best possible exercise. Habituate yourself to walk very far. We value ourselves on having subdued the horse to our use; but I doubt whether we have not lost more than we have gained by it. No one thing has occasioned so much degeneracy of the human body. An Indian goes on foot nearly as far in a day as an enfeebled white does on his horse, and he will tire the best horse. A little walk of half-an-hour in the morning, when you first rise, is advisable; it shakes off sleep, and produces other good effects in the animal economy.—*Jefferson.*

1571 A. R. 13—May 10. Thomas Long, "a very simple man and unfit" to serve is questioned how he came to be elected. He confesses that he gave the Mayor of Westbury and another four pounds for his place in Parliament. They are ordered to repay this sum, to appear to answer such things as should be objected against them in that house, and a fine of twenty pounds is to be assessed on the corporation and inhabitants of Westbury, for their scandalous attempt.—*Parry's "Parliaments and Councils of England."*

What men most covet—wealth, distinction, power—
Are baubles nothing worth, that only serve
To rouse us up, as children in the schools
Are roused up to exertion. The reward
Is in the race we run, not in the prize;
And they the few, that have it ere they earn it,
Having by favour or inheritance
These dangerous gifts placed in their idle hands,
And all that should await on worth well tried,
All in the glorious days of old reserved
For manhood most mature or reverend age,
Know not, nor ever can, the generous pride
That glows in him who on himself relies
Entering the lists of life.

Rogers.

THE HOUSEWIFE'S CORNER.

HARICOT BEANS.

These are a very agreeable vegetable, and will be found a good substitute for potatoes, when the latter are scarce and dear. They may be dressed in several ways. As they are the dried seeds of the French bean, they require soaking for several hours before they are fit to cook. Put them into cold water with salt in it, and let them simmer for three or four hours. As soon as they begin to crack, pour off the water and stand them on the hob to dry. They are eaten with the gravy of the meat like potatoes, unless preferred with melted butter.

For a change they may be put into a little broth or gravy, and set over the fire, thickened with a lump of butter rolled in flour, some pepper and salt, and chopped parsley. Some cooks add a shallot chopped fine.

CABINET OR BOILED BREAD-AND-BUTTER PUDDING.

Two ounces of raisins, a few thin slices of bread-and-butter, three eggs, one pint of milk, sugar to taste, quarter nutmeg.

Mode.—Butter a pudding-basin, and line the inside with a layer of raisins that have been stoned; then nearly fill the basin with slices of bread-and-butter with the crust cut off, and, in another basin, beat the eggs; add to them the milk, sugar, and grated nutmeg; mix all well together, and pour the whole on the bread-and-butter; let it stand half-an-hour, then tie a floured cloth over it; boil for one hour, and serve with sweet sauce. Care must be taken that the basin is quite full before the cloth is tied over. Time, one hour. Average cost, 9d. Sufficient for five or six persons. Seasonable any time.—*Mrs. Beeton's "Cookery."*

TO MAKE LEMONADE.

Shave the rind of two lemons very thin into a jug, remove all the pith, and cut the fruit in thin slices on to the peel; add a quarter of a pound of loaf sugar, and pour over all a quart of boiling water.

It is an agreeable beverage either hot or cold.

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RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
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"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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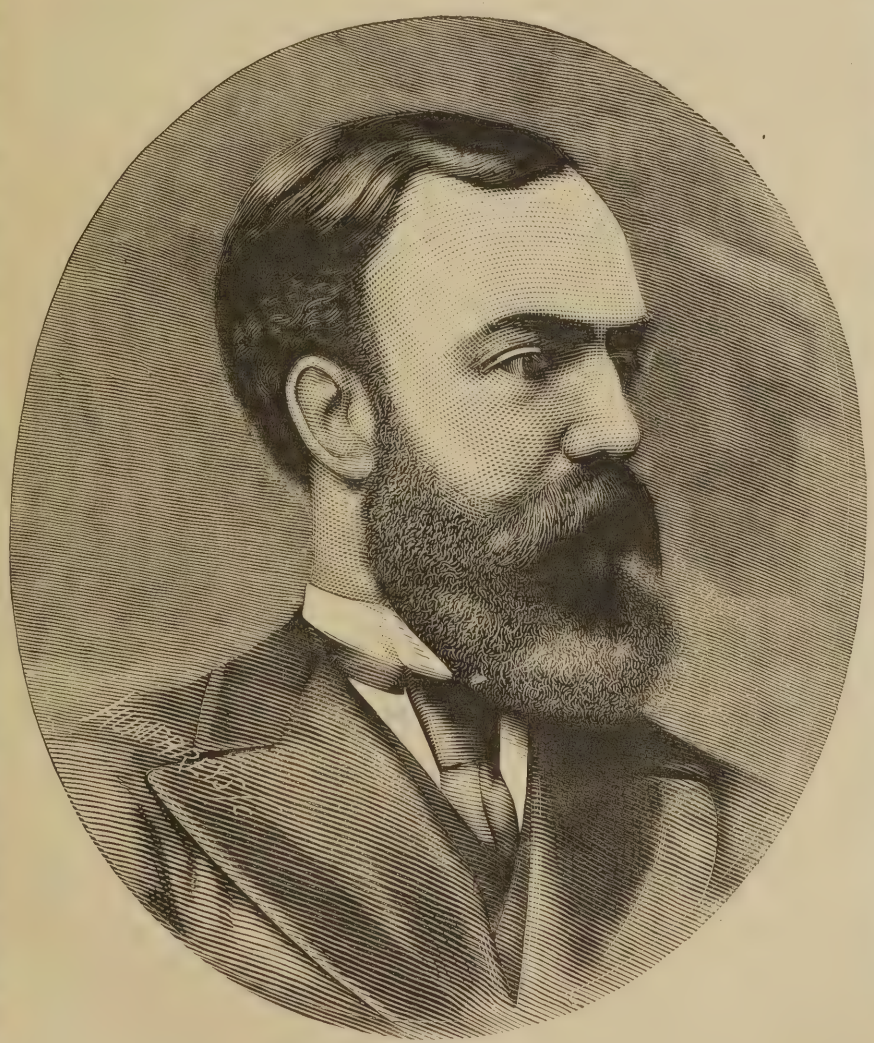

SIR CHARLES W. DILKE, BART., M.P.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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SIR CHARLES WENTWORTH DILKE, BART., M.P.

ANCESTRY.

"A king can make a belted knight,
A noble, duke, and a' that "—

BUT, as Solon puts it, "Honours achieved far exceed those that are created ;" and Sir Charles Dilke's commanding and increasing influence in the British realm is due, not to the social position and title he inherits, but to his ability and industry, and his manifest honesty as a politician—or rather, as a statesman. If it were not so, there would be nothing singular in the power he wields, as every member of the peerage and baronetage would exert an equal influence on the thought and politics of the age. Nothing is more evident than that Sir Charles's position as a rising statesman has been "achieved," not "created."

And yet, after all, there is something in birth, and in the hereditary descent of character and genius. Family traits are reproduced even after the lapse of centuries. Or if this is not so, it is a curious coincidence that Sir Charles Dilke so closely resembles several of his distinguished ancestors. Some of these—the Wentworths—were for many generations among the leaders of those who dared to assert and uphold civil and religious liberty in times of peril and danger. Paul and Peter Wentworth were eminent men in the Parliaments of Elizabeth, and the "Good Queen Bess" was not allowed to trench upon the ancient privileges of Parliament without evoking their protests. The historian, Hallam, describes these defenders of the liberties of the people as "The bold, plain-spoken, and honest Wentworths," and adds "They were the most undaunted asserters of civil liberty in this reign." The records of the Parliament of 1575 preserve for us the speech of Peter Wentworth in defence of the liberties of the House. He said :—

"I find within a little volume these words in effect: 'Sweet is the name of liberty, but the thing itself a value beyond all estimable treasure.' So much the more it behooveth us to take great care lest we, contenting ourselves with the sweetness of the name, lose and forego the thing. Two things do great hurt in this place. The one is a rumour which runneth about saying, 'Take heed what you do, the Queen liketh not such a matter; whoso preferreth it she will be offended with him.' The other, a message is brought into the House either commanding or inhibiting, very injurious to the freedom of speech and consultation. I would to God these rumours and messages were buried in hell, for wicked they are ; the Devil was the first author of them, from whom proceedeth nothing but wickedness. Greatly were these speeches to Her Majesty's dishonour."

Peter was very severe upon the flatterers who surrounded Her Majesty, and who deceived her with their "traitorous sugared speeches." He was not permitted to finish his speech, but handed over to the custody of the Sergeant-at-Arms until the following day, when he was examined before a Committee of Parliament, who were directed to "see what he could say in extenuation of his fault." His explanation, however, according to the record, is in no sense an apology. Said he :—

"I heartily repent me that I have hitherto held my peace in these causes, and I do promise you all, if God forsake me not, that I will never during my life hold my tongue if any message is sent in wherein the liberties of Parliament are impeached ; and every one of you ought to repent you of these faults and amend them. Twenty times and more when I was preparing this speech, I saw the place whither it would lead me, but my conscience and duty as a faithful subject would not allow me to turn aside from a straight course to avoid a prison. I never confess that to be a fault to love the Queen's Majesty while I live ; neither will I be sorry for giving Her Majesty warning to avoid danger while breath is in my body."

Peter was committed to the Tower, where he remained about a month, when "Her Majesty was graciously pleased to remit her justly occasioned displeasances," and he resumed his seat in the House of Commons. With his brother, he was a warm advocate of the Parliamentary control of religious affairs, and he was once despatched as a messenger to the Archbishop of Canterbury, regarding the Articles of Religion that had passed the Houses of Parliament. Upon His Grace asking why certain Articles had not been passed, he replied, "that they had had no time to examine how they agreed with the word of God." The Archbishop suggested that such matters should be left to his order, but Peter said :—

"No, by the faith we bear to God we will pass nothing before we understand what it is ; for that were but to make you Popes. Make you Popes who list, we will make you none."

It is on record that Peter and his brother, Mr. Paul Wentworth, made several subsequent attempts in defence of popular rights and liberties. We find a grandson of this Peter Wentworth, bearing the same name, in the Long Parliament. He was one of the judges at the trial of King Charles the First, and when Cromwell dissolved the Long Parliament Sir Peter Wentworth protested strongly against the violence offered to the people's representatives. A sister of Sir Peter Wentworth, K.B., was married to the great Sir Harry Vane, and another sister, Sybil Wentworth, became the wife of Fisher Dilke, from which union Sir Charles Dilke is a lineal descendant. In these troublous times Fisher Dilke was a sturdy reformer of the Puritan type ; but our space will not permit us to give him more than a passing reference.

PARENTAGE AND EDUCATION.

Sir Charles W. Dilke, the senior M.P. for Chelsea, is the eldest son of the first baronet, the late Sir Charles Wentworth Dilke, who represented Wallingford in Parliament, and grand-

son of Charles Wentworth Dilke, the celebrated critic, who, as editor and proprietor of the *Athenæum*, achieved for that paper its unrivalled position in critical journalism. Mr. Dilke was an ardent Radical, and in mental and moral characteristics Sir Charles resembles him in a striking degree. Sir Charles's father, the late baronet, the friend of art, devoted himself largely to the extension of various learned societies. He was for very many years Chairman of the Council of the Society of Arts, and was also the second founder of the Royal Horticultural Society. He was one of the principal promoters of the great Exhibition of 1851; and as a recognition of his services in connection with the Exhibition, the Queen offered him the honour of knighthood, while the Royal Commission pressed him to accept a large pecuniary reward, but both offers were declined. In 1862 he was occupied in promoting the Exhibition of that year; and after the death of Prince Albert, with whom he had been associated for many years in great schemes for public improvements, the Queen conferred on him a baronetcy.

Sir Charles was born at Chelsea, September 4th, 1843. He was educated at Trinity Hall, Cambridge, and came out first in the first class of the Law Tripos for 1865, and graduated as senior legalist in January, 1866. While at Cambridge he was twice President, and twice Vice-president, of the Union Society—an unprecedented honour. He was known there as a finished oarsman, a good marksman, and, like his friend, Professor Fawcett, a vigorous long-distance walker. Early in 1866 he was called to the bar by the Middle Temple, and shortly after he started on a

JOURNEY ROUND THE WORLD,

which occupied two years. In August he met the late Mr. Hepworth Dixon at St. Louis, and they crossed the great plains and Rocky Mountains together, parting at Salt Lake City, when Mr. Dixon returned home and almost immediately published his "New America," which he "affectionately inscribed to Charles Wentworth Dilke, Esq., of Trinity Hall, Cambridge, my fellow-traveller in the Great West."

From Salt Lake City, Sir Charles journeyed into Nevada and California, and, after a stay at San Francisco, he sailed for Panama; then on to New Zealand, Tasmania, and Australia, where he visited each of the colonies, gathering up information as to their condition, politics, and prospects. Touching at Ceylon on his way, Sir Charles passed on to Madras and Calcutta, crossing Upper India to Lahore, and returning to England by way of the Indus, Kurrachee, Bombay, and Egypt, and thus completing the circuit of the globe. The results of this tour are recorded in the first of his valuable

CONTRIBUTIONS TO LITERATURE,

entitled "Greater Britain: a Record of Travel in English-speaking Countries During 1866-7," published in two vols. 1868. This work treating, as it did, the new subject of the influence of race on government, and climatic conditions upon race, met with the greatest success that, perhaps, ever attended the publication of an author's first work. It ran through four English editions in a single year, and was republished by two firms in America, where it commanded a still wider circulation. It has been extensively read wherever the English language is spoken. In 1874 he published an anonymous satire, "The Fate of Prince Florestan of Monaco," which passed through three editions and was translated into French. The authorship of this clever *brochure* was kept secret for several months, and before it was disclosed several of the Conservative papers urged Sir Charles to lay to heart the lessons taught by the Radical Prince! In 1875 he edited and published a selection from the critical works of his grandfather, with a memoir, entitled, "Papers of a Critic." He spends each Parliamentary recess at La Sainte Campagne, where he employs himself in digesting and arranging materials for his great work, "The History of the Present Century." Sir Charles Dilke succeeded his father and grandfather in the proprietorship of the *Athenæum*, and he at one time, we believe, personally edited that journal. He is proprietor of *Notes and Queries*, and part proprietor of the *Gardeners' Chronicle*. One result of the success of "Greater Britain" was

HIS RETURN TO PARLIAMENT

for the then newly-created borough of Chelsea, at the general election in December, 1868, when he was elected at the head of the poll by a majority of nearly two to one over so good a candidate as Dr. W. H. Russell; and he was again returned at the head of the poll in 1874. He was at that time the youngest man who ever represented a metropolitan constituency. In him Chelsea has a Parliamentary representative of whom it may well be proud. The constituency is a peculiar one, containing—as Mrs. Mary E. Beedy said, in an article in the *Lakeside Monthly*—"the lion's share of the intellect of England. Here live the men of letters, the greatest lawyers and most successful merchants, the artists who have given fame to the English school of painting, and the flower of London artisans—a constituency important for its numbers, wealth, and intelligence." It would be extremely difficult, if not impossible, to find another man so well able to represent the culture, the intellect, the art, and the best interests of the "flower" of England's workmen, as Sir Charles has proved himself during the eleven years he has been in Parliament. It is rarely that a private Member, upon whom the charge of extreme views has fastened itself, is able to initiate and carry to a successful issue Parliamentary reforms. But Sir Charles Dilke has succeeded in doing this. He has keenly watched the course of domestic legislation, and he has had a directing hand in the settlement of several important questions. We owe to him

PRACTICAL LEGISLATION OF GREAT VALUE.

The popular constitution of the School Boards is of his creation. It was Mr. Forster's intention to entrust the management of schools to committees of boards of guardians, but Sir Charles succeeded in getting his amendment adopted providing for the election of boards directly by the ratepayers. He has also succeeded in conferring upon women the municipal franchise; in abolishing the barbarous penalty of drawing and quartering; in extending the hours of polling from 4 p.m. to 8 p.m. at Parliamentary elections in the Metropolis—a measure of incalculable value to the working classes; and in simplifying the process of registration, whereby electors—especially lodgers—have been relieved from many vexatious restrictions and formalities.

The Commons Preservation Society, of which he was long chairman, and is now Vice-President, has no more active friend than Sir Charles, who is ever on the alert when the existence of public spaces is threatened. The friend of public improvements and sanitary legislation, he never overlooks the interests of the metropolitan ratepayer, and in the House of Commons he stood alone in opposing the Artisans' Dwellings Act of 1875. With Professor Fawcett, he has worked persistently to secure to the Metropolis an improved and constant supply of water, but the scheme recently propounded by Mr. Cross was one which he felt it his duty to oppose in the interests of the ratepayer and consumer. That he understands the question thoroughly, and is in earnest in his desire to secure an improved water supply, and at the same time to protect the pockets of the ratepayer, is evidenced by the comprehensive and masterly Parliamentary Return he moved for on the 10th inst., the terms of which are as follows :—

"The financial statement on which the calculations are based of payments to be made to London water companies under the proposed Metropolis Waterworks Purchase Bill, showing, in columns, name of company ; amount of preference and debenture stock ; debentures and loans ; total of same ; ordinary share capital ; total net revenue ; total dividend paid on debenture and preference stock ; on debentures and loans during the last five years ; net revenue, less interest on debentures ; rate per cent. of interest on ordinary capital ; additional revenue required to provide for prospective increase on bonus proposed ; years' purchase proposed of net receipts and interest on loan debentures, &c. ; equivalent value per £100 of stock ; market price of same on the 30th day of June, 1879, and present price ; total gross receipts and working expenses, separating maintenance and management, in the latter specifying allowance to directors ; proposed compensation ; estimated savings in salaries of secretaries, clerks, auditors ; commission to collectors ; law and Parliamentary charges ; rate of increase per cent. under all items of receipt and expenditure for five years past ; rate of increase of net earnings per cent. for last five years ; calculation of increase per annum up to 1892 inclusive, with statement for last five years of cost of repairs of reservoirs, filtering beds ; repairs of mains, pipes ; pumping ; engine charges ; coals ; wages ; filtration ; salaries of engineers, inspectors, and superintendents ; rates and taxes ; miscellaneous rents ; total maintenance ; allowance to directors ; salaries of officials, secretaries ; commission to collectors ; stationery, printing, and general charges ; law and Parliamentary charges ; total management ; total expenses, gross and net ; percentage of gross receipts to net ; also showing average cost per million gallons of working expenses."

When this Return is made, both Parliament and the public will be in a position to estimate the value of the legitimate interests of the several water companies, and to pronounce on any scheme presented for their purchase.

THE EASTERN QUESTION.

In a recent issue we gave considerable prominence to the views upon the Eastern Question of the distinguished Radical member for Newcastle, Mr. Joseph Cowen. It is only fair that we should give equal place to the well-considered views of Sir Charles Dilke, who has been described as being "better acquainted with the language, people, literature, and Government of Russia than any man in the House."

From a speech delivered to his constituents on the 9th of January, 1877, we extract his

OPINION OF RUSSIA.

"Violent attacks have been lately made by some speakers upon those who have expressed their doubts as to the trustworthiness and moderation of Russia, and they have been classed as Russophobes. Now I am not a Russophobe. A Russophobe is a man who is afraid of Russia. I am not afraid of Russia, but that is no reason why I should admire or support her policy. I think that those who attempt to terrify the people of this country with pictures of the might of Russia are altogether in the wrong. It is now ten years since, after a visit to the Punjaub, I wrote that which, after five journeys in Russia, I can repeat : that we could raise Central Asia against Russia far more easily than Russia could raise India against us. I am not one of those who detract from the native force of the Russian race. I have the highest respect for those writers who, at Prague and Moscow, have revived the Slavonic spirit. The attempts of the sons of the rich but ignorant Moscow peasant merchants to form in Russia a cultivated middle class have no greater admirer than myself. I love the Russian peasants, as do all who know them ; and it must be remembered that in Russia the peasants form an overwhelming majority of the population. Among her nobles, although perhaps the greater number are not thoroughly worthy of the position which they hold, Russia has soldiers and travellers of whom any country might be proud. The fact that the savage Slavs of Montenegro slit the noses of their prisoners, that most of the Slavs are barbarous in their religion, and that the Slavonic countries persecute the Jews, is no reason for denying that as a whole they are a race from whom much may be expected in the future. The ferocity of the Montenegrins and the cowardice of the Servian militia should not prejudice us against the whole family to which they belong. The characteristics of a race often vary very much in the different parts of the countries which they occupy, and depend upon the conditions to which, for centuries at a time, they have been submitted. The polished and brave Magyar of Hungary is not more different from the boorish and servile Tcheremiss of the Siberian frontier, both being members of the Ugrian race, than the docile Russian husbandman from the fierce Montenegrin bully. But an immense sympathy with Young Russia, so far from modifying, would rather tend to increase one's distrust of the policy of the Foreign Office at St. Petersburg—an office which speaks German, and the policy of which for ten years past has been that of two very able Germans, MM. Westman and Hamburger, and is now the policy of an extraordinarily able Swiss, Baron Jomini. No member of a Slavonic Committee can believe more firmly than I do in the future which lies before the Russian people ; but that is not a reason why I should give my sympathy to the autocracy that commands and the bureaucracy which preys upon the Russia of the present day.

"What is this Russian power with which the Liberals of England are to strike alliance ? It is the power which has been through history the most consistent upholder of absolutism in Europe. It is the only European power which has to this day no representative system, and which continues to be an absolute autocracy of the purest type. It is the power which crushes Poland ; the power which crushed Hungary for Austria. It is the only power which is rapidly and continually annexing the territories of its neighbours ; and it is a power which is reputed false to treaty obligations."

In his Kensington speech, delivered January 15th, 1878, he drew the following

PICTURE OF THE TURK AND TURKISH MISRULE.

"The Turks form a mere army of soldiers and camp-followers, scattered over a large territory, in which they rule a hostile people far more numerous than themselves. In the pride of religion and of race the Turkish Government steadily oppressed the major part of its European subjects, until external interference in the present century caused it to promise them 'reforms.' In 1840 the Turks were greatly frightened, and promised much. Fresh 'reforms' have been promised within the last few years. I have carefully compared the promises of our day with those of Reschid Pacha in 1840, and cannot see much progress. I have heard from those in the secrets of the trade that all kinds of jam, whatever their varieties of colour or delicate shades of taste, are made of apple. So, all Turkish promises are of one material—paper. Sultan Mahmoud, Reschid, Aali, Fuad, and other Pachas, in 1835, 1838-40, 1856, 1858, and 1868, have been spoken of in the same terms as were used of Midhat in 1876, and even the gloomy tyrant, Sultan Abdul-Aziz, was at one time called by half the newspapers in Europe 'the reforming Sultan.' Indeed, he was all but killed by the Old Turks in 1868, because of his 'reforms.' With all this talk, matters—in practice, not in theory—stand at Constantinople where they stood when our great-grandfathers were alive. A few concessions—wrung from weakness—for in the days of strength none were made—have not conciliated the subject peoples, while they have, even though nominal, yet by their very terms grievously wounded the pride of the governing race. Of fusion between the peoples there is no sign. Compare the fusion which had taken place within four hundred years of conquest between the Norman conquerors of England and the Saxo-British conquered — between the Frankish conquerors of Gaul and the conquered Celts, with the absence of fusion between the Turkish conqueror and the Greek and Slav inhabitants of the country which he claims. In countries where a similar want of fusion between conquerors and conquered has been seen, as was the case in the Low Countries between the Austro-Spanish rulers and the Dutch and Flemish peoples, and where the foreign government has been bad, the foreigner has in the end been driven out. Foreigner the conqueror still is in Turkey, and driven out he in the end will be, though not perhaps by Russia, and probably not just now. During the last hundred years the Turkish power has rapidly declined. In 1839-40 it was saved only from destruction by the intervention of the troops of the Great Powers. The decomposition of Turkey is evidenced by the fact that each time that she is shaken a bit drops off. Not to name Algeria, over which her hold was slight, and Egypt, which is not yet lost in name, the Crimea, Bessarabia, Servia, Greece, and the Roumanian Principalities of Moldavia and Wallachia, have been lost in turn. As regards the European provinces still subject to Turkish rule, it is impossible, I think, to doubt that the great majority of their inhabitants desire to escape from the government under which they find themselves."

In the speech of January 9th, 1877, he sketched the subjoined

ALTERNATIVE SCHEMES FOR SETTLING THE EASTERN QUESTION.

"Because we are not ready to fight for the integrity of Turkey, and because even many of us might see with pleasure the downfall of the Turkish power, it by no means follows that we should view without alarm the destruction of that power in the interests of Russia. Supposing, for the sake of argument, that we put out of sight such resisting power as Turkey may still possess, and speculate about the future, there are other settlements of the Eastern Question that may commend themselves to us besides that which receives the support of Russia. While we should stand alone in the face of Europe in defending against all comers the integrity of the Turkish Empire, we shall have allies in the present and friends in the future if we meet the proposal of one solution by the proposal of another. In opposing a Russian conquest of Constantinople we certainly should not stand alone; it would be resisted in arms by Europe, and with this amount of justice, that even the preachers of Slavonic unity can show no cause why the Slavonic rather than the Hellenic race should, in the event of Turkish disruption, receive that city. If we look to nationality the Greeks would be the reversionary heirs of the Turks at Constantinople.

"Besides the Greek solution there are Slavonic solutions of different kinds. The Moscow dream may be that of a Russian Empire including all the Slavs, who, by the way, form the greater proportion of the population of the Austrian Empire, of whom there are millions in Prussia, and some even in Italy, near Venice. But the Servian dream is different. Servia prays for the revival of the Empire of Stephen Douchan, 'Tsar of the Serbs, Greeks, and Bulgarians.' There is, in the correspondence of the First Napoleon, a letter in which the Emperor declares that he cannot allow the consolidation of the Russian influence in Servia; and there can be no doubt that the ultimate divergence of the interests of the Russians and the Southern Slavs has been foreseen from the beginning of the century. Napoleon, at the moment of the sharpest temptation to consent to anything that would secure to him the Russian alliance, and with all his intense hatred of England, and desire to see her rule in India crushed, supported the traditional policy of France in refusing to give Constantinople to Russia, although his consent would, perhaps, have preserved his dynasty. The extension of the Russian railway system in the last few years, by making the enormous numbers of the Russians, for the first time, comparatively effective, and the weakening of Western Europe through the temporary fall of France, have made Slavonic unity under Russian autocracy a still greater danger to Europe than it has been in the past. The world cannot afford to see a hundred and twenty millions of Slavs united under the sceptre of an absolute despot, holding at Constantinople the strongest position in all Europe, stretching from the Adriatic to Kamskatchka and Behring's Straits, and holding in the Corea the strongest position in the Pacific. I was present in 1867 at the delivery of the famous speech in which M. Rouher said, 'L'Italie n'aura jamais Rome,' and in 1870 she had it. But if ever it be allowable to prophesy what nations will do from what they should do, I think that we might with safety declare that Russia will never have Constantinople."

AS A SPEAKER

Sir Charles Dilke has been in the habit of meeting his constituents more frequently than any other Metropolitan Member. His addresses on these occasions are notable for their wide range, and for the exhaustive manner in which the topics treated are discussed. Collected, they would form a repertory of fact and reasoning on electoral reform, redistribution, free trade, the land question, and other popular subjects. In his "Prince Florestan," he does himself the injustice of describing his speaking as being "lugubrious," whereas he is an easy, fluent, and ready speaker. In the sense in which Mr. Bright and Mr. Cowen are orators, perhaps Sir Charles is not one; he is ever more careful of his matter than of his manner. But whether in or out of Parliament, when speaking, he immediately fixes the attention of his audience. He is always effective, and never speaks upon a question he is not completely master of. Judged by Emerson's standard, however, he is an orator in the truest sense of the term. The American Poet-philosopher says:—

"The orator must be a substantial personality. He must have the power of statement, must know the fact, and know how to tell it. In any knot of men conversing on any subject, the person who knows most about it will have the ear of the company, if he wishes it, and lead the conversation; and in any public assembly, him who has the facts, and can and will state them, people will listen to. . . . Statement, method, imagery, selection, tenacity of memory, power of dealing with facts, of illuminating them, of sinking them by ridicule or by diversion of the mind, rapid generalisation, humour, pathos, are the keys which the orator holds. But he is thereby an orator, that he keeps his feet on a fact. Thus only is he invincible. No gifts, no grace, no power of wit or learning or illustration, will make amends for want of this. All audiences are just to this point. Fame of voice, or of rhetoric, will carry people a few times to hear a speaker, but they soon begin to ask, 'What is he driving at?' and if this man does not stand for anything he will be deserted."

The public career of Sir Charles Dilke has attracted considerable attention both at home and abroad. He has been the subject of many sketches and articles; and we reprint from the *World* the following sketch of

SIR CHARLES DILKE AT HOME.

"To reach the Provençal home of Sir Charles Dilke it is desirable to leave London by the morning mail. In this way one will contrive to reach La Sainte Campagne on the following day in time for that meal which Englishmen call luncheon, Frenchmen *déjeuner*, and Provençaux peasants *dîner*. Spinning merrily southwards, we became conscious that we are in a new climate. Gloomy London and doubtful Paris left far behind, the air grows lighter and easier to breathe, the blue sky-vault is loftier, the vegetation puts on another character. Although tearing along at express speed, we have time to note the bright glare of the sun and prevalence of cactus, aloes, and other of the fleshy plants specially formed to exist in despite of sun and drought. Arriving at Marseilles at 9.30 a.m., we almost immediately push on for Toulon—the Portsmouth of France. Under a blazing sun we roll on through that part of France which boasts the most African temperature—a land producing olives and capers, pomegranates and oranges, the palm and the tamaris. At 12.40 p.m. we arrive at Toulon, with its great sapphire bay dotted with ironclads, like storm-clouds in a summer sky. The landscape on the north is arid and harsh, with its range of lofty calcareous hills gleaming with blinding whiteness in the full glare of noonday. Glittering as snow-mountains, Mont Faron and its brethren have never worn a snow-cap in the memory of man. Gaunt, white, and inhospitable, these precipitous hills are crowned by fortifications. The top of Mount Faron now bristles with batteries frowning down on the works on the right, pitched on the site of those which made the fame of Napoleon as an officer of artillery. The railway station at Toulon is of vast size, albeit its uses are rather military than commercial, and in other respects the town bears the aspect of a huge arsenal. It is full of arms and armed men, soldiers and sailors; the latter being regularly drilled and exercised like the former, and duly lodged in barracks and subjected to barrack discipline when not afloat. They are fine fellows, these French soldier-sailors, mainly Bretons brightened and improved by drill.

"As the sun is pouring down relentlessly, it may be well to hail a close cab, and instruct the driver to take us to the house of M. Dilke (the Toulonnais do not call him 'Sir Dilke'). Driving eastward out of the fortifications, towards the outlying *quartier* of Cap Brun, one passes the exercise ground of the troops, and a horrible region, to the perfumes of which those of Cologne and Bermondsey are as the gales of the Spice Islands. It is quite possible to survive the odours of tanyard and *abattoir* when taken separately, but a combination of the two under the sun of Toulon is overwhelming. On we go, always up-hill, across the fast-drying bed of a nameless river, which in exceptionally wet seasons asserts itself by flowing for six months in the year, but at the present moment only keeps up the illusion by exhibiting a few scattered pools of water. During the ascent of the long hill many stiff-looking be-ribboned greybeards pass by—retired officers marching gravely to market, accompanied by their *bonnes*, to make their own purchases for to-day's dinner. On the right there looms into view a mighty fort like that of Mont Valérien, known as Cap Brun. Driving past hedges of alternate rose and cactus and rose and aloes, the visitor will see a pretty house on the hill to the right. This villa, beautiful according to French ideas of rurality, is the home of Admiral de Surville, just now acting elsewhere as *préfet maritime*. In the opposite direction is Mont Condon, now being fortified, although its side towards us is more than precipitous—actually concave. Between this and a chain of wooded hills called the Montagnes des Maures is a great valley, rich in corn, wine, and oil. The Montagnes des Maures received this name for the excellent reason that the Moors entered in and dwelt there for the space of two hundred years, and from that base organised their marauding expeditions into the heart of wealthy Provence. On their fringe is Hyères and the beautiful Gulf of St. Tropez, the retreat of M. Emile Ollivier, beyond which a great and fruitful plain stretches to the foot of the Maritime Alps.

"There is plenty of time to admire the scenery while, with alternate walking and trotting, our Toulonnais team has been struggling up the steep ascent to the entrance of the *chemin vicinal*, which divides the domains of Sir Charles Dilke and Admiral Surville. Through an ordinary Provençal gate, with its semicircle of stone seats and cactus plants, there is an ascent up a stony path enclosed within walls, over which peep tall blue gum-trees. When more and more gum-trees have been reached, one reaches through a *grille* a long low farmhouse, like a fortified log-house,

but built of stone, and without any windows on the north side. At the *grille* is stationed Auguste, an intensely French servant, tall and serious; bristly as to his hair and whiskers—darkly, deeply, beautifully blue as to the vast apron which enshrouds him. Citizen Auguste, whose Southern birth may prepare one for advanced political views, receives us with austere civility, and ushers us through a second gate into the garden of La Sainte Campagne. Here a great surprise lies in wait. Having lost sight of the Mediterranean some time since, and feeling hot, dusty, and dazed by the glare, we start as, through a great screen of aloes some fifteen feet high, we look straight down upon the purple sea. Two hues, green and purple, fill the eye; the former supplied by the aloe, mulberry-tree, and umbrella-pine; the latter by sea and sky and the trunk of the flayed cork-tree which extends its tortured arms overhead. From the red-tiled terrace, common to Provençal houses, and used by the inhabitants for drying their figs, the view is magnificent, including the seven isles which *Americanicè*, 'claim' to be the Hesperides. There is more purple on the trellis-work, which shades the ground-floor, for it is covered with the passion-flower; but other bright colours now add to the vividness of the picture. Near the feathery green foliage of the date-palm is the *loquat*, the Japanese medlar, with its yellow fruit just beginning to ripen; and towards the sea descend terraces cultivated after the Provençal fashion. Above clumps of crimson roses rise young date-palms, and oranges ordinary and oranges Tangerine, just now decked with a little bloom and a few fruit.

"From this almost tropical splendour outside it is an impressive transition into the deep gloom of the interior of La Sainte Campagne. For an instant the dim religious light due to closed *jalousies* appears Cimmerian darkness, and the blue pinafore of Auguste is undistinguishable from surrounding objects. Clattering across a small hall paved with red tiles one enters the cell of the proprietor. From an armchair in a small apartment, with a wall-paper of maddening design, on which peacocks, birds of paradise, and hollyhocks dance a species of infernal *cancan*, rises a blue-eyed, brown-bearded man, clad in a suit of soft cream-coloured material. There is no great wealth of furniture in this bizarre retreat; merely two armchairs and a table, some fencing-foils and masks, a handsome clock of the First Empire, and a couple of old engravings, one representing the landing of the English at Toulon, and the other the evacuation and destruction of that stronghold. Our host explains that he is not responsible for the wall-paper, and has in fact, left the house very much as he found it, with his horse and his goat living under the same roof, in fact, in the next room but one to himself. Cows are not good stock at La Sainte Campagne, as cows require grass, and herbage is scarce on that sunburnt shore. 'The old house,' says 'M. Dilke,' 'with its thick walls, is simply an ordinary Provençal farmhouse. I have had no time to touch it, and it remains, as it was, an olive-farm. I make both oil and wine, and flatter myself the wine is good, although I never drink any myself, being a wine-growing teetotaler.' It is natural to inquire why the blue gum—*technicè*, *eucalyptus globulus*—is so largely cultivated at Cap Brun, seeing there are no marshes to dry up. 'I am a sceptic,' is the reply, 'as to its merits. It may cure fevers, perhaps, and may dry up swamps, for anything I know to the contrary; but it does not keep off mosquitoes, as I know by experience. I plant blue gums because they grow quickly, and are handsome trees.' *Apropos* of orange-growing, Sir Charles remarks, 'I intend to grow the little Tangerines on a considerable scale, like my neighbour Admiral de Surville; but I don't know that anything else is worth my attention. It is all spade-cultivation here.'

"Unlike most men, Sir Charles Dilke has actually realised a dream of his youth in his present dwelling. He selected it as his future home while on a pedestrian tour at the age of seventeen. If we would know more we must follow him now. Above is a library filled almost exclusively with French, German, and Russian books, ranged on bare deal shelves, with a view to the accumulation of material for his *magnum opus*, the 'History of the Present Century,' the actual writing of which is not to be commenced for several years to come. His English library has not yet been transferred to his hermitage on the brink of the Mediterranean, but remains at his house in Sloane Street—a marked contrast, in every respect, to that at La Sainte Campagne. Through the rooms in Sloane Street are distributed treasures of literature and art, rare editions and rare engravings; memorials in pen-and-ink of his great grandfather, an admirable draughtsman; of his grandfather, the founder of the *Athenæum*, of which he is himself at present the sole proprietor; of his father, the first baronet, whose reign as head of the family extended over only four years. Nor are relics wanting of the remoter Dilkes and Wentworths down to the era of the Dilkes of Maxstoke, now known as the Fetherston Dilkes; of stout Peter Wentworth the Puritan, and of another Peter Wentworth, who was not so stout as sagacious. Portraits, too, of celebrated persons abound in Sloane Street—to wit, the famous miniature of Keats, the Watts' portrait of John Stuart Mill, Madox Browne's picture of Mr. and Mrs. Fawcett, and M. Legros' magnificent half-length of Léon Gambetta. In every cabinet, on every table is great wealth of enamels, of autographs, of sketches, and curios of every kind. At Cap Brun all is bare to the red-tile floor, the furniture is of the plainest kind, the space of the scantiest. The entire *service de la maison* is done by Auguste, of the blue pinafore, and his wife—the former waiting at table and filling up his leisure hours with gardening, looking after the horse and feeding the goat; his wife cooking the dinner and doing the house-work.

"Madame Auguste is a fair hand at some Provençal dishes, as may be inferred from the character of the midday meal, which at La Sainte Campagne is the chief gastronomic event of the day. Auguste places before us oysters in prime condition, vast as to their shells, but small and dainty as to their bodies. The oysters are accompanied by an excellent *petit vin blanc*, such as Athos the Musketeer dearly loved. Oysters are followed by a dish of the country, tiny red mullet, almost as small as whitebait, fried in oil, and very delicious. Then come the cutlets and *poulet*, without which no French dinner is complete. One characteristic Provençal dish—that of the small birds, the *ortolan*, *beccafico*, and thrush—is absent. Sir Charles Dilke explains that unhappily the season for small birds is over, and that he especially regrets that he cannot give us one of those plump thrushes, fattened on juniper berries, which *font les délices* of the natives. 'Why,' one asks, 'is there no *bouillabaisse?*' 'My cook,' is the answer, 'is not clever at *bouillabaisse*. Its *confection* is a special gift. I will hunt you up in the town to-morrow, and give you dinner at canonical hours at the Café du Commerce, and you shall have *bouillabaisse* and every other Provençal dish to your heart's content. You know I cannot put you up here, as there is no room. The place, as you see, is a farmhouse, and, I assure you really and truly, a mere workshop. I cannot read or get on with my work in London, and I am here quite alone except to very particular friends. I rise at daybreak, read and write till about midday, then dine; and afterwards, if the sky be, as it often is in winter, overcast, take a long walk till evening, when I get home to tea and early bed.'

"After this come cigars nearly a foot long, and a quiet chat on the Unreformed Corporations. Surely the hangman's acre at Seaford, the Mayor and Corporation at Corfe Castle, and the corrupt condition of Romney are small matters, and the money diverted, if it be diverted from its proper channel, is very little? Sir Charles replies, 'I am hardly satisfied at the conduct of the Commission, which has been sitting so long. Witnesses without end have been examined, and heavy expenses incurred. The game may not in the long run prove worth the candle.' *Apropos* of his Provençal Tusculum, he remarks, 'This place is remote, perhaps, as you say, but neither melancholy nor slow. I get my newspapers only one day after date; and I have the advantage of living in an historical house. This farmhouse of La Sainte Campagne was one of the two under which Murat hid during the White Terror, just before he foolishly went back to Naples; and here I dwell from the 2nd October to the week before the opening of Parliament, and again for the Easter holidays; in fact, all the time that the skies are somewhat clouded, for it very rarely rains. The only nuisance here, bating the want of water, is the *mistral*, an atrocious wind, during which I keep indoors, read steadily, and smoke. I forget, however. There was one nuisance when I came here which compelled me to buy the contiguous farm. Frenchmen, as you know, go out shooting on Sunday; and while that farm was in other hands, they were a fearful nuisance. They had erected a concealed dwelling, and built a lure, the whole constituting what they call a *chasse;* and they opened the shutters of their hut and popped away from morning till night, till I bought the farm and got rid of them, not from Sabbatarian prejudice, but from love of quiet.'

"This last remark gives the keynote of Sir Charles Dilke's character. The brilliant Cambridge oarsman, excellent shot, good fencer, and vigorous walker, is possessed by the true *esprit frondeur*. Superficial observers marvel that the son of his father, a courtly baronet, should select as object of attack the very Royal Family to which he owes his title. A glance at the Dilke pedigree will show that the sources of this spirit lie deeper down, and must be sought in the records of that Peter Wentworth who, for seditious and irreverent language touching her majesty Queen Elizabeth, was on four several occasions committed to the Tower, and ultimately died there, like the sturdy old Puritan that he was."

They must indeed be superficial observers who regard Sir Charles Dilke's criticism of the Civil List as an attack on the Royal Family. There was nothing in that act, or in its surrounding circumstances, which at all justifies such a conclusion.

Amongst the prominent men in the new Parliament Sir Charles Dilke will occupy a foremost place—a place won by intellect and spirit rather than by title and station. Those home, domestic, and social questions which are pressing for a settlement will, we trust, receive attention at his hands. His election address, issued on the 9th inst., is so brief and unassuming that we reproduce it. It is addressed to the "Electors of the Borough of Chelsea, and Inhabitants of Kensington, Notting Hill, Brompton, Kensal Green, Chelsea, Hammersmith, and Fulham," and it reads as follows:—

"During eleven years I have to the best of my ability tried to discharge the duties of your representative in Parliament. On the many occasions on which since the last election—that of 1874—I have met you at free and open public meetings, you have never failed to assure me that your confidence in me continued. I am thus emboldened to present myself for the third time to your suffrages, assuring you that if returned I shall do the best in my power to perform the task that is laid upon me."

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME.

LONDON: MARCH 20th, 1880.

CURRENT OPINIONS AND EVENTS.

SPEAKING at Marylebone on Friday last, Mr. Gladstone made the following reference to the Government Water Bill:—

"A great ancient poet says that water is the best of all things. Well, I am inclined to believe with him that, besides being the best of all things, water has now obtained a new prerogative; because, although we knew perfectly well before that water would dissolve salt, we never knew that it would dissolve Parliament. (Cheers and laughter.) I am not going to assume that the Bill is a bad Bill or a good Bill. I have not had time to examine it. But this I will say, that when a measure is introduced by the Government which unsettles thirty millions of property, which leads to the most extensive and outrageous speculation, which nearly doubles the shares of the water companies in the market, which gives rise to rumours that some of those who understand what is called 'rigging' the market have made not less than half a million of money, and when I know what the effect of that must be upon the smaller and poorer holders of the property, I say it is an outrage to bring forward such a measure and not to persevere in it. (Cheers.)"

On the same day Professor Fawcett addressed a meeting of his constituents. He complained that—

"In the Water Bill Mr. Cross failed to recognise the fact that the companies had been guilty of great *laches*, that they had supplied bad water at extravagant prices, and they had taken advantage of the Act of 1869 to raise their rents and throw on the people excessive charges with a view to obtaining so much larger compensation. (Cheers.) But Mr. Cross's scale of compensation was grossly extravagant even if the companies had managed their trust without a fault, and it was remarkable that the companies were rewarded in exact proportion to their shortcomings. (Cheers.) Having alluded to the Southwark and Vauxhall Company, whose shares a year ago stood at 113, and were, a day after the introduction of Mr. Cross's Bill, at 279, the hon. gentleman went on to say although the Bill was it abeyance—perhaps it was dead—yet the mischief it would have done could not be remedied as long as the present Government remained in office. They were pledged to this principle, and if they remained in office the four or five millions of people in the Metropolis must continue to pay high prices for an insufficient supply of bad water, or give £12,000,000 more than they ought to have given to destroy this monopoly of the water companies. (Cheers.) He was not fond of pledges, but he promised that whatever Government was in office, whether Liberal or Conservative, he would never rest until the monopoly of private trade in water had been destroyed. (Loud cheers.)"

Mr. John Holms, M.P., at the same meeting, said:—

"He thought that the difficulty which had brought about the dissolution was to be found in the introduction of the Waterworks Purchase Bill, the result of which had been anything but satisfactory. He had always felt that the Government had been rather successful when dealing with liquids. (Laughter.) He had been told that they were floated into power by beer, and now they had been swamped out by water. (Laughter.) They all knew that London was badly supplied with water, and the object, naturally, was to purchase the companies at a fair price; but the Government proposal was to give twelve millions too much, besides which it was proposed to establish the principle of centralisation. He did not think that the people should be called upon to pay anything like the amount proposed. This Bill had created an amount of speculation unequalled since the South Sea Bubble, a fact which was evidenced by the fluctuation which had taken place in the value of waterworks shares since the Bill was first introduced. In the Bill there was no provision for a constant supply to street hydrants—an important omission. The Metropolis was already burdened enough with taxation and complexity of Boards, and what they wanted was simplification."

Sir Charles Dilke, in speaking at a meeting at Brompton, on Saturday last, declared that—

"Roughly speaking, the Water Bill would cost London between 28 and 29 millions sterling, and they would actually get nothing for it, because the moment they acquired the property they would be told by all the doctors that the supply was so polluted that they would have to set to work to make a fresh source of supply. (Cheers and laughter.)"

At the same meeting Sir Charles remarked of the Artisans' Dwellings Act (1875) that it was one of many

"Serious failures, as it proposed to throw enormous burdens on the ratepayers without any real advantage to artisans themselves. (Hear.) When that measure was introduced they were told much that every right-minded person would agree with, but the Bill was as absolutely an unnecessary consequence of the Government's determination to do something, as was the Water Bill an unnecessary consequence of their determination to deal with the water question. (Cheers.) If the Artisans' Dwellings Act was carried out as their Conservative friends wished, the School Board rate would be a mere fleabite to the burden which would be thrown on the London ratepayers."

Professor Fawcett also expressed his opinion of the Dwellings Act; he said:—

"Mr. Cross, who was described at Tory dinners as the most successful of Home Secretaries, carried the Artisans' Dwellings Act, the principle of which was that dwellings unfit for human habitation should be pulled down, and proper dwellings erected for those who were thus displaced. That was an admirable principle if Mr. Cross had had the courage to carry it out. But he did not like to press heavily upon those who owned this wretched property, and compensated them as if they were the owners of properly managed property. Since the passing of the Act fourteen schemes of clearance had been sanctioned by the Home Secretary, but the compensation given was so extravagant that in the first six no less than £563,000 had been given, and the overburdened ratepayers of London would have to pay between two and three millions if the whole of them were carried out, in order that an unworthy interest might not be unduly harassed. (Cheers.)"

The Marylebone Vestry are to be commended for their energy in prosecuting the retailers of adulterated milk. Last week a batch of milk-dealers were summoned. They included B. Sheldrick, of 114, Henry Street, St. John's Wood (adulteration 36 per cent.); Messrs. Chapman and Co., of 108, High Street, St. John's Wood (adulteration 14 per cent. of water, and the cream abstracted); Edwin Blawin, of 54, Henry Street, St. John's Wood (adulteration 38 per cent.); William Jenkins, of 68, Bevington Road, Notting Hill (adulteration 37 per cent.); George Nash and James Sunglür, of 4, Paradise Street, Manchester Square (adulteration 17 per cent.); John Sinfield, of 37, Hereford Street, Lisson Grove (adulteration 15

per cent.). All the defendants affirmed that they sold the milk as they had bought it; but Mr. De Rutzen said the excuse set up was valueless. They could buy the milk with a warranty; and if they took the trouble to do that, it would soon put a stop to adulteration. In these cases the degree of adulteration varied from 38 to 14 per cent.; but to him the figures made little difference. The thing to be stopped was the fraud. He would make no difference in the cases, nor between the large and small dealers. He then imposed a fine of £5, and 4s. costs, in each case.

At the present time the information contained in the following paragraph from the *Newcastle Weekly Chronicle*, upon "The Formalities of Election," will be read with interest:—

"Dissolution is defined as the civil death of the Parliament, and may be effected by the pleasure of the Crown, by the demise of the Crown, or by length of time. The existence of a Parliament cannot be prolonged, even by the authority of the monarch, for a greater period than seven years, that period to be 'accounted from the day in which by the writ of summons such Parliament is appointed to meet.' Until the Reform Act of 1867 was passed, the law was that, however recently elected, a Parliament must expire in six months at most from the demise of the Crown—though, of course, it might be dissolved by the Sovereign in a less period than six months from the death of his predecessor. Since that Act became law, however, the Parliament in being at any future demise of the Crown will continue as long as it would have otherwise continued, unless dissolved by the new Sovereign. When a new Parliament is to be summoned, the Lord Chancellor receives a written command from the Sovereign in Council to that effect, and directs the Clerk of the Crown in Chancery to issue writs to the returning officer of each electoral district. Elections now are regulated by the Ballot Act, 1872, and the Act is to continue in force until the 1st December, 1880. The returning officer of each county must, within two days of the receipt of the writ, give public notice of the time and place of the said election, which must not be later than the ninth nor sooner than the fourth day after such notice. In boroughs, the officer must proceed with the election within four days after the receipt of the writ, having first given two clear days' notice. The show of hands is abolished; and election is now by nomination, in writing. If, at the expiration of one hour after the time appointed for the election, no more candidates are nominated than there are vacancies to be filled up, the officer declares those candidates elected, and returns their names to the Clerk of the Crown in Chancery. But if the candidates nominated exceed the vacancies, the officer adjourns the election, and takes the poll, by ballot papers, according to a prescribed form. In boroughs the polling must take place within three clear days, and in counties within the third and the sixth day after the day fixed for the election. The returning officer is to give public notice 'as soon as possible' of the names of the elected candidates, and of the total number of votes given for each candidate. The officer then returns the writ, with the name or names of the person or persons elected endorsed thereon, 'To the Clerk of the Crown in Chancery,' to whom also all the documents relating to the election are delivered. Immediately after a public notice of election, an elected candidate is considered to be a member of Parliament, but cannot act as a legislator until he has taken the oaths. If any military be stationed in a place where an election is taking place, they are obliged to be withdrawn until the proceedings have closed."

THE GOVERNMENT WATER BILL.

PROCEEDINGS IN PARLIAMENT.

HOUSE OF COMMONS, TUESDAY, MARCH 2ND.

[The following was inadvertently omitted in our last week's issue.]

Mr. Cross, on bringing in the Metropolis Water Bill, explained first of all that the Government had come to the conclusion that the first preliminary to any effective measure must be an incorporation of all existing companies, and it was proposed, therefore, that the existing companies should surrender all their powers under their several Acts of Parliament to the Central Body, which should have absolute power over the supply of water to the Metropolis. It was proposed also that they should surrender all the property and rights which they might possess on the 1st of January, or acquire before the 30th of June. It was not intended that the State should be put under any contribution for the purchase-money, but the Water Trust would be empowered to create a Water Stock at 3½ per cent., which the water companies had all agreed to take in payment of the compensation they were to receive, and it would be backed by the guarantee of the Metropolitan rates. With regard to the price, he said the only matter taken into consideration was the absolute intrinsic value of the companies at the time of purchase. The net capital sum to be given was £22,000,000, but in addition to this there would be a sum of six to seven millions spread over twelve years, to be paid in different proportions to different companies in payment for the unearned increment on the value of their shares. He calculated that the saving in the first year would be about £50,000, but in addition there would be further savings from consolidation of staff, &c. With regard to the composition of the Water Trust, he proposed that it should consist of twenty-one members—namely, three paid members (a chairman at £2,000 and two vice-chairman at £1,800), the Lord Mayor and Chairman of the Metropolitan Board of Works (*ex officio*), two members nominated by the Local Government Board and the Chief Commissioner of Works, two nominated by the City Commissioners of Sewers and the Metropolitan Board, and twelve members elected by the Metropolitan boroughs and by the water consumers north and south of the Thames not comprehended in any borough. The object of the Trust was defined to be the supply of wholesome water for domestic use, for watering the streets and extinguishing fires, with a constant supply at high pressure; and there was provision for a sinking-fund to extinguish the debt in eighty years. Finally, it was proposed that the Trust should not come into actual operation until October 1st.

Leave was given to bring in the Bill, and after a short conversation it was read a first time.

HOUSE OF COMMONS, MARCH 11TH.

Mr. GOSCHEN asked the Home Secretary whether he had considered the possibility of taking steps, by a Bill or otherwise, to prevent the water companies in the Metropolis from further raising their rates to the consumers on the strength of existing Acts of Parliament, pending further legislation on the subject. Under the Metropolis Valuation Act of 1869 the water companies raised their rates, although the Act was not intended by Parliament to have that effect.

Mr. CROSS had no doubt that the water companies did take advantage of that Act to raise their rates considerably; but Parliament took no notice of the matter, and it had gone on until this day. The rates were not determined by statute, but by the companies' own Acts, and the consumer had his remedy by making an application before two justices. In the case of the Southwark and Vauxhall Company, at present applying for further powers, great care would be taken that they should not have any additional rates; and he was also prepared to state that if any of the companies took action for the purpose of enhancing the prices to be paid for compensation, he should advise Parliament to pay no attention to the matter.

HOUSE OF COMMONS, MARCH 16TH.

Mr. EDWARD JENKINS asked the Home Secretary whether he was aware that large operations took place on the Stock Exchange in Metropolitan water company shares in anticipation of the scheme presented to Parliament; whether he had any reason to believe that the details of that measure were communicated to persons outside the Home Office, before it was made public; if so, if he had caused any inquiry to be made to ascertain the parties guilty of such disclosures; and whether it was to be taken that the present scheme had been finally abandoned.

Mr. CROSS: I have no means of information as to the first question other than that in the possession of the hon. member. As to the second, if I had reason to suspect that any information had been given as to the details of the measure by any of the officials of the Home Office I would readily join with the hon. member in what he proposes; but I have no reason for any such suspicion. I took such precautions in the matter as to render the giving of information by officials in the Home Office absolutely impossible, and I have letters in my hand from the professional gentlemen concerned in the matter giving a surances that nothing could have escaped. As to the last question, I know that the vestries have met to consider the subject, but I have not yet received the memorial which I understand I shall shortly receive from them, praying that the matter be carefully investigated. If time had allowed this session I should have been able to show clearly what advantages the ratepayers would have received by the Bill, and we must remember that the final decision must have rested with a committee of this House, after hearing everything the ratepayers had to say. If we should find ourselves in our present position in the next Parliament, we shall certainly feel it our duty to deal with what we must consider to be a great question—the procuring of a sufficient supply of pure water for the Metropolis; and I hope to put before Parliament such a scheme as will secure the concurrence of all the parties concerned. (Hear, hear.)

HOUSE OF LORDS, MARCH 16TH.

The Earl of CAMPERDOWN called attention to the present position of the metropolitan ratepayers who consumed water, with reference to the charges which were and might be made by the water companies. The noble lord asked whether the Government would take steps to ascertain (1) if the companies were correct in law in interpreting "annual value" to mean "gross annual value" so far as it related to the value of the properties of the various companies; and (2) if each successive re-valuation of the

Metropolis under the Metropolis Valuation Act, 1869, would alter the rateable valuation of metropolitan property in respect of the water supplied by the companies. He would further ask the Government if they would take or had taken legal opinion as to whether the Metropolis Valuation Act, 1869, did or did not apply to the value of the water companies, and whether if any misunderstanding existed upon the point, they would introduce a bill declaring that that Act did not apply in the direction he had indicated.

Earl BEAUCHAMP, in reply, said that the question of the water rates had nothing whatever to do with the Metropolis Valuation Act, 1869. The rates were not charged in respect of that Act, but were charged by virtue of the companies' own Acts, which gave them power to rate up to a certain amount. With regard to the meaning of "annual value," as applied to the water companies, he would remark that the Metropolis Valuation Act did not affect the matter at all. The companies were entitled to prove the annual value of their property in any way they could, and the periodical valuation of the metropolis made under the Act must not be taken as the value of the companies' properties. So long as they enjoyed the powers that were given to them under their Acts, there was no precedent for Parliament interfering in the way the noble lord wished. He would remark that the metropolitan magistrates had interpreted "annual value" in the sense of which the noble lord complained, but the point had not yet been brought before a court of appeal. In conclusion, he would say that the question had received the full consideration of the Government, and would be one of the first to occupy the attention of the new Parliament.

After a few words from Earl FORTESCUE, the matter dropped.

HOME RELATIONSHIPS.

By Rev. Peter Dean, Walsall.

No. III.—Parents and Children *(Continued).*

I advance now to a brief consideration of the duties belonging to parentage. Under this head my first observation must be that it is a human parent's first duty to learn to see in his child a human being, and not a mere animal; to turn his affections for it from instincts into principles, from natural into spiritual attachments, in giving them a rational, moral, and holy character. A parent's affection is, at first, purely instinctive, and if it is allowed to continue only this, it rises little above the brute's attachment for its young. And there is no mistaking it, there are hundreds of parents in London, in the Black Country—indeed, all over England—whose affection for their children never rises much above the horse's affection for its foal, or the dog's for its whelp. But when a parent infuses into his animal affection for his offspring moral and religious principle—when he comes to regard his child as an intelligent, spiritual, immortal being, honours him as such, and desires to make him, first of all disinterested, noble, a worthy child of God, and the friend of his race—then his instinctive love rises into a generous and holy sentiment. It becomes something altogether above that which the tiger or the horse ever feels for its young. It makes man more than man the animal; nay, it makes him so far divine, for it is a feeling resembling God's paternal love for His great spiritual family. Hence, it is upon whether a parent loves his child merely as a body—as a little animal—or as an immortal mind and soul dwelling in a body, that the child's welfare must largely depend. Hence, too, the first duty of parents is to learn to see and love in their children that part of them which is to live for ever, and which depends so largely upon judicious training for what it shall in the future be. Without this feeling no parent can possibly train his children aright; with it few will train them badly. The existence of this sentiment in parents is the root, the fountain, out of which all righteous parental training must grow or spring.

This then implied, the duties of parents to their children may be summed up in a sentence, and that sentence is, the promotion of their development. Children have bodies, minds, souls; and the parents' duties are to see to the rightful development and training of all three. Of course, in seeking to carry out this important work, parents must keep in mind that different children require different treatment. They require this for the same reason as different palates require different food, and different bodies require different medical treatment—that is to say, because they are different. Frequently—nay, almost generally—how different are the children of the same family! One child will blaze with the genius of imagination, and with fore-tokens and fore-lookings of this radiant faculty, and another child be as squarely practical, without a spark of imagination. One child will be as full of song as a spring day with all its birdal melody, and another as dumb musically as though only turtles lived. One child is clear in practical matters and stupid in ethical ones; another is as clear in moral matters, and as stupid in practical ones. One will have extraordinary intelligence; another will be in the twilight of semi-idiotcy. So of other differences. It follows, therefore, that children call for different treatment meeting the cases of their respective differences. And to find out this, and to steadily apply it, is an important part of the parents' duty.

But there are some few things, and by far the most important, which all children alike require at the hands of their parents. All children require *good example* in their parents. What parents want their children to be, they must be themselves. No parent ought to say or do that before his child which he does not wish his child to learn. An anecdote tells us that one time a father chastised his lad for an offence, telling him, "You never saw me do it; always do only that which you see me do, and then you will be right." He then sat down by the hearth and began to smoke. Upon this the boy, either out of spite or the desire to please, said, "Father, give me a pipe and some tobacco, and let me smoke too," but the father did not want him to smoke—few fathers want their lads to learn to; the incident, in consequence, showed that father his inconsistency. He saw that there were things in which he was not a good example to his boy; and the story goes on to say that from that moment he cast his tobacco-pipe away. This consideration ought to be applied by parents to all their faults and vices. There is a double reason why parents should struggle with and overcome their failings, for while it is desirable that single men and women should do so for their own sake, it is desirable that parents should, both for their own and their children's sake. Parents may depend upon it that with whoever else "Example is better than precept," it is so with children. Involuntary impressions are much more easily acquired than those received by the exertion of the will; therefore we can never expect from our children that which we do not show ourselves; and all that we enjoin or bid should be strengthened by the powerful authority of our own example. A child who has everything given him he asks for will never bear to be denied; who is allowed to refuse to part with anything, must grow selfish; who is allowed to strike servants and humbler children, must grow proud and haughty; who is never taught to be gentle and affectionate, must grow coarse and

cruel; and who is never taught to shift for himself, must grow idle and useless. The education of the child begins on its mother's knee, thenceforward, "As the twig is bent, the tree must be inclined." Thenceforward, as we succeed in inducing right habits in our children, shall we be able to govern them, and leave them to follow right in the future, a position forcefully asserted by the well-known fact that most of our good and great men have had wise and good mothers to direct them aright in their earliest habits.

Another thing all children alike require is *consistency*. They require that their parents shall always treat them in the same way in the same circumstances, not only threaten or promise what they mean to do, but always fulfil their threat or promise. It is through this not being done or observed that we have that disobedience of parents of which we have so much all around us. Every parent has control over his child at first, and could keep it if he or she so willed. But the child "tries it on," and is with impunity allowed to disobey a first time, and after finding by experience that the commands of his father or mother may be disregarded, and he escape retribution, he goes on growing stronger and stronger in his disobedience. He comes to rule the parents, not the parents him, and all through their own neglect of consistency. Such a child is like a broken leg; he could easily be set straight if taken at once, but after a time he grows ossified, and defies the parents' control. "When my mother says 'No,' there is no 'Yes' in it," once said a child; and this is what ought to be. Multitudes of parents ruin their children through allowing them to tease them into saying "Yes" after they have said "No," and by acting differently towards them at one time as compared to another.

Briefly summarising some of the other considerations I wish to present, I would add—Do not use brute force, do not whip your children, until after kindness and all moral force has been tried and failed. A child cannot be frequently excited and frightened through being flogged without losing an amount of nerve-force which at some future period of its life (say, in the crisis of a severe illness) may be the means of preserving its life. Thus, unknowingly, many a loving and well-meaning mother must have whipped her child into its grave. See to it that your children have the best education you can possibly give them. You had far better give them education when they are young than leave them fortunes when they are middle-aged; and with school education remember the importance of connecting home education. Above all, seek to educate them religiously. I cannot think, as some do, that it is best to leave the child's mind a blank in this direction, and leave him, when grown up, to decide for himself. He can do the latter though you fulfil your duty of teaching him the best and highest theological truth you know; for children are naturally religious—are naturally curious about things pertaining to religion, and must be answered. But seek not to make your children religious by mere rote—by cramming their memories with texts, and hymns, and prayers. Do it naturally; show them God's love and wisdom as they are so abundantly displayed in all that is seen around us, and more especially in the lives of good men and women. The child will then be gradually led to pray and to seek to be religious naturally, and of itself—not artificially, and because of something imparted into it. Its worship will then be "in spirit and in truth," and not simply according to dogma and fashion.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

"ON DINING OUT."

To the Editor of "HOUSE AND HOME."

SIR,

Having studied the question of diet for the last twenty years, and having devoted much time to the advocacy of dietetic reform, I should like to make a few observations on a leading article which appeared in the *Standard* of February 20th "On Dining Out," and attracted my interest and attention. In the first place the diner-out who complains of never getting that which exactly suits the taste and wishes of the moment, or always getting the same set of dishes repeated on the bill of fare or *menu* card *usque ad nauseam*, has only himself to blame for not possessing a correct knowledge of what is good for him, and compatible not only with his taste, but also with his health and comfort. In the second place his failure to derive satisfaction on dining out most probably arises from the want of moral courage to demand it, and persist in demanding till he gets it. So long as people will meekly submit, day after day, to what a *chef*, or the proprietor of an hotel or restaurant, ignorant, too often, as they are of the first principles of dietetics, pleases to provide for them, so long will the health of public men in the upper and middle classes suffer. The only remedy for the present acknowledged evils from which a diner-out must suffer, is for him to demand what he believes to be most suited to his organisation, temperament, condition of body, and occupation of life, and failing to be provided with such a dinner, to seek elsewhere for the satisfaction of his requirements, or club together with some others of the same mind, so as to be able to order a dinner in accordance with their wishes, even if at an extra cost or charge—what can be more valuable than health? and what is it that so materially goes to build up and strengthen the constitution of mankind, or the reverse, than good or, on the contrary, bad or ill-suited food? I apprehend that what is required is that the bill of fare of a restaurant or *table d'hôte*, in the first place, should comprise a sufficient variety to satisfy the requirements of at least the four temperaments, the nervous, the sanguine, the bilious, and the lymphatic, so that each person should be able to select the food best suited to the fancy and individual requirements, and the strength of the constitution, or condition of the digestive functions, of that person. This selection of food will depend naturally, more or less, on the nature of the previous meal (and in all cases a sufficient interval of time having been allowed for the process of complete digestion), as well as on the amount of physical or mental effort or exercise taken between the meals. In the second place no article should be in the bill of fare that does not contain in itself all the digestive and nourishing properties necessary to sustain life, so that any diner-out may partake of one, two, three courses only, or more, if in smaller proportions, without the slightest fear of indigestion or indisposition of any kind.

I have frequently thought that it would be a good thing to get a number of gentlemen really interested in dietetic reform, with a view to make themselves and their offspring more healthy and happy, to co-operate in the establishment of a dietetic club or restaurant, to be based upon scientific principles, in conformity with natural dietetic laws.

I should be only too happy to give all the information and support in my power to such an institution, which I would not hesitate to say would, if properly carried out, do more good in building up the intellectual and physical health and strength of the community, and so increase the moral as well as material prosperity of this country, than all the sumptuary laws, and permissive or repressive legislative enactments, that have ever passed, or, *pace* Sir Wilfrid Lawson, ever will pass, through the Parliaments of this long-suffering but misguided and inconsistent nation.

I am, Sir,

Yours obediently,

HERBERT W. HART,

Palace Chambers,
St. Stephen's, S.W.,
March 1st, 1880.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

Why there is pain and death in the world it has not yet pleased the Father to declare; but since His goodness is abundant, and His wisdom and power have no bounds, we cannot doubt but that the reasons, when they shall be made known, will attest some hidden wisdom, which man is not yet able to comprehend. All that we yet know is, that everything exists by God's absolute decree: that evil exists; and therefore that evil exists by God's absolute decree. Why plagues and earthquakes have desolated the earth, why pain and guilt have troubled mankind, we may hope to learn hereafter; and till then we may wait patiently, since we see how beauty rises up out of the dust, how peace issues from woe, and how purity is wrought out of repentance.—*Martineau's "Essays."*

Paint not the sepulchre of thyself, and strive not to beautify thy corruption. Be not an advocate for thy vices, nor call for many opportunities to justify thy imperfections. Think not that always good which thou canst make appear good, nor that concealed which the sun doth not behold. There is no darkness unto conscience; it can see without light, and in the deepest obscurity give a clear sight of things which the cloud of dissimulation hath concealed from all eyes. There is a natural standing Court within us, examining, acquitting, and condemning at the tribunal of ourselves, wherein iniquities have their natural sentences, and no wrong-doer is absolved by the verdict of himself.—*Sir Thomas Browne.*

Onward! and upward! higher and higher,
Follow, O man! the soul's desire.
There's a hell to avoid, a heaven to gain,
And grandeur to come through suffering and pain.
Be like the camomile, leaf and root,
Which is not to be crushed by the human foot;
Though trodden on, trampled on, still it will rise,
And look once again on the glorious skies.
Be like the camomile, that doth grow
Close to the ground, quiet and low;
Nothing it says, little it gains,
But finds mighty food for stomach and brains.
God made the camomile for a wise use—
To correct half the evils of human abuse.
Take it, and there is an end of all doctors,
Parsons, and lawyers, and varied "concocters."

George Linnæus Banks.

When I was a little boy at the Bluecoat School, there was a charm for one's foot when asleep; and I believe it had been in the school since its foundation in the time of Edward the Sixth. The march of intellect has probably now exploded it. It ran thus:—

"Foot, foot, foot, is fast asleep,
Thumb, thumb, thumb, in spittle we steep.
Crosses three we make to ease us,
Two for the thieves, and one for Christ Jesus."

And the same charm served for a cramp in the leg, with the following substitution:—

"The devil is tying a knot in my leg,
Mark, Luke, and John, unloose it, I beg:
Crosses three, &c."

And really, upon getting out of bed, where the cramp most frequently occurred, pressing the sole of the foot on the cold floor, and then repeating this charm with the acts configurative thereupon prescribed, I can safely affirm that I do not remember an instance in which the cramp did not go away in a few seconds. I should not wonder if it were equally good for a stitch in the side, but I cannot say I ever tried it for that.—*Coleridge.*

No mission can be looked on to be divine, that delivers anything derogating from the honour of the one, only, true, invisible God; or inconsistent with natural religion, and the rules of morality; because God, having discovered to men the unity and majesty of his eternal Godhead, and the truths of natural religion and morality by the light of reason, he cannot be supposed to lack the contrary by revelation; for that would be to destroy the evidence and use of reason, without which, men cannot be able to distinguish divine revelation from diabolical imposture.—*Locke's Posthumous Works.*

In October, 1803, during the deluge with which the island of Madeira was visited, a remarkable circumstance happened near St. John's River. A maid-servant, in flying from one of the falling houses, dropped an infant from her arms, which was supposed to have perished. Next day, however, it was found, unhurt, on a dry piece of ground, along with a shock-dog, belonging to the same family. The dog was close by the child, and it is imagined that the child was kept alive by the warmth of the faithful animal's body.—*Brown's Anecdotes of Dogs.*

THE HOUSEWIFE'S CORNER.

RHUBARB JAM.

Peel the stalks, and cut them up about an inch long; put them into a broad tin or copper pan with sufficient water to let them float. Let it boil till reduced to a pulp, keeping it well stirred from the bottom. Pass the pulp through a colander or coarse sieve, and to each pint add from three-quarters of a pound to a pound of sugar, either loaf or moist; put it back into the pan and boil it for another half-hour, still keeping it stirred. Try now, by dropping a little on a plate, if it is done enough; it should be of the consistence of jelly; if it spreads, boil it a little longer, till stiff beneath the finger. Pour it into pots or jars, and when cold cover and tie it down like other preserves.

SAVOURY STEWED STEAK.

Take some slices of beef, pepper and salt them well, slice up a couple of onions thin, and lay a piece or two of the fat of the steak at the bottom of a clean saucepan, then some of the onion, and on that some more steak, and so on alternately till you have put all in; shake and turn it about frequently to keep it from burning, it will presently be nice and brown; let it stew in its own gravy till the meat becomes tender, then take off all the fat from the top, mix some flour in two tablespoonfuls of water, with a little ketchup or pickled walnut liquor, and pour it gradually into the stew; stir it about well, and just give it a boil up, serve it quite hot.

SHORTBREAD.

Take one pound of flour, half a pound of butter, and four ounces of powdered loaf sugar; mix well together, without any water, knead it well with your hand, roll it out thin, and stick pieces of candied peel cut thin over the top, cut it in any shape you please, and bake it in a slow oven.

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PORTRAITS.

The following Portraits are in preparation:—

RIGHT HON. SIR STAFFORD NORTHCOTE.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
MR. JAMES BEAL.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, Esq., C.B.
&c., &c., &c.

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To be substituted for the Portrait issued March 27th, 1880.]

HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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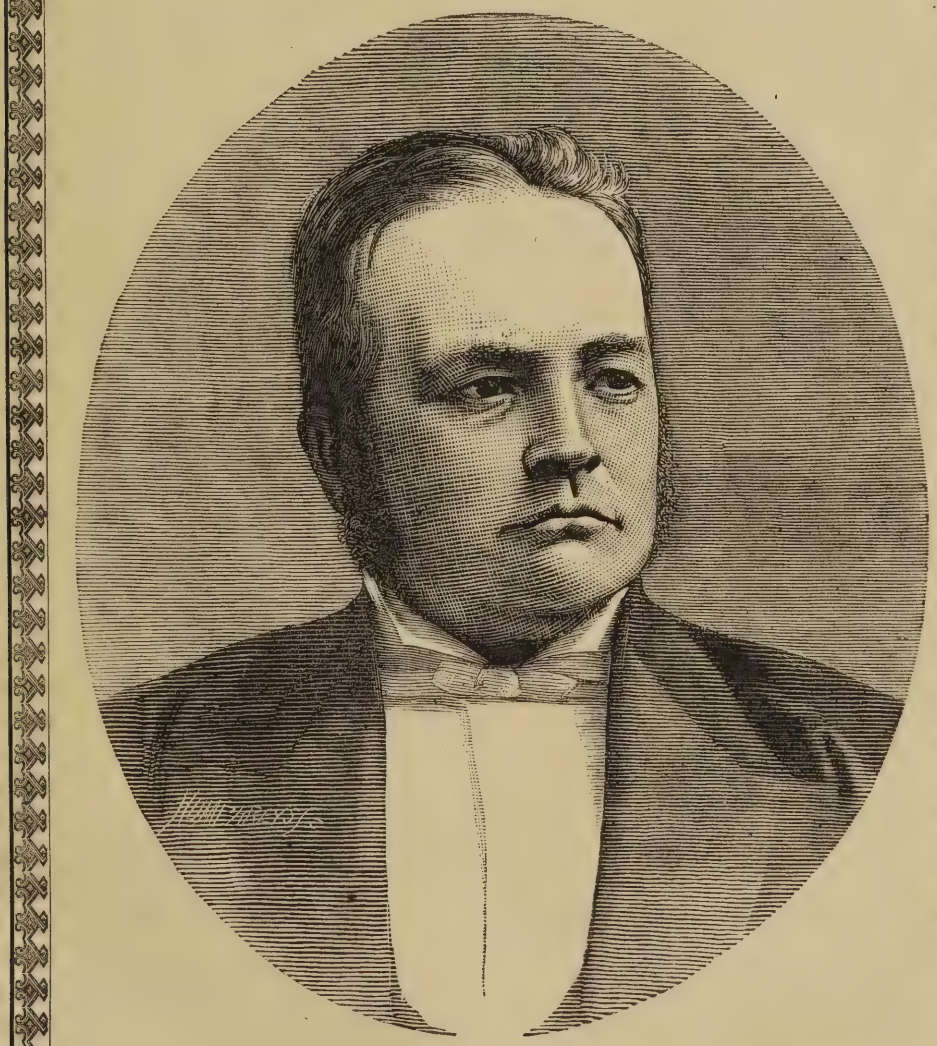

MR. JOSEPH F. B. FIRTH, M.P.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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MR. JOSEPH F. B. FIRTH.

MR. JOSEPH F. B. FIRTH, who is at present contesting Chelsea in the Liberal interest in conjunction with Sir Charles W. Dilke, Bart., M.P., is a native of the West Riding of Yorkshire. He is the senior representative of a family settled in that part of the county, and owning land there since the time of Queen Elizabeth.

In the time of the great Civil War the Firth family took active part on the side of the Parliament. The head of the family himself served under the Great Protector, and was a cavalry officer in a troop of horse raised by Boswell of Gunthwaite Hall. This troop was a thousand strong, and it is said that every man was six foot high. In this capacity he was at Nottingham Castle at the time when George Fox was there, and frequently heard the sermons preached by the distinguished founder of Quakerism to the soldiery. He was thereby convinced of the principles of peace and equality amongst men, and justice to all, and he in consequence left the army at the time. Upon his return home, however, he was not permitted to remain in peace, for the Royalists, against whom he had been fighting, having received tidings of his return home, despatched from Halifax a troop of horse to arrest him. After some difficulty this was accomplished, and he was firmly secured upon horseback behind a stalwart dragoon, but before many miles had been traversed, and while going through a dense wood, he disestablished the dragoon and escaped into the wood. The search for him proved fruitless, and the troop was compelled to return to Halifax without him. The captain was, however, so exasperated at his escape that upon passing through the village of Kirkburton he fired his arquebuss through the staircase window of the vicarage, which still faces the road, and the vicar's wife, who was at that time descending the stairs with a light in her hand, was shot dead.

On the Restoration it does not appear that Mr. Firth was troubled by those against whom he had at one time fought ; and acting upon the principles of the faith they had adopted, he and his successors settled down into peaceful, but sturdy and independent, citizens. During the centuries that have followed there has always been a Joseph Firth as the head of this family, and they have never swerved from the principles of the faith which their Cromwellian ancestor adopted, nor from the sturdy championship of liberty which led him to take up arms against the tyranny and the misgovernment of Charles the First. It may be said of this family, during its long history, that they have always been ready with hand and heart to aid the oppressed against the oppressor, and to advance at home and abroad the cause of human liberty. In English politics no member of this family has ever been found amongst the Tories, although, curiously enough, one of Mr. Firth's ancestors married a descendant of Bishop Cartwright, the bosom friend of James the Second. Perhaps any danger arising from this source would be balanced by the connection of the family with the Huguenot refugee family of La Toussi.

Mr. Joseph F. B. Firth has not cast away any of the traditions of the family. He is following on the political line of his ancestry, and in religion he remains an attached member of the Society of Friends. The principle which this Society holds, that all religious questions must be settled between a man and his Maker, and are not fit matters for the decision of Parliaments or of the State, has more than once been distorted and misrepresented to Mr. Firth's prejudice. At the time of the School Board Election, in 1876, he was denounced from certain pulpits in the Borough as an atheist and infidel, because he asserted that the religious teaching of the children should be undertaken by religious men, and not by School Board schoolmasters, elected for secular qualifications only. At the same time he expressed himself strongly in favour of every child being taught the Bible, providing the teaching were done by religious men. At the present Parliamentary Election the same egregious falsehoods as to his religious belief are being circulated thoroughout the Borough by paid Tory canvassers.

Mr. Firth is thirty-eight years of age, a graduate in Laws and Literature in the London University, and was called to the Bar at the Middle Temple in June, 1866. He is now engaged in the active prosecution of his profession at the Common Law Bar.

For nearly twenty years past Mr. Firth has associated himself with the various political movements of the day. He has been for the last eight years a member of the Executive Committee of the Liberation Society, and is at the present time president of the Chelsea Liberation Council. He undertook the management of a large district in Northern London for the National Education League, and has worked earnestly in support of the adoption wherever possible of the principle of International Arbitration.

Some years ago Mr. Firth undertook to write a series of articles upon the question of London Government. In the course of the inquiries he instituted upon this matter he became convinced of the very serious difficulties and the very great loss to the London ratepayers which resulted from the want of Municipal Institutions. He also became aware of the enormous wrong which suburban London was suffering at the hands of City authorities and City trustees in the misappropria-

tion of public funds, and of endowments given for the benefit of tradesmen and of the poor. He was so convinced of the enormity of these evils that, in conjunction with Mr. James Beal, he commenced an agitation upon the question, and wrote a book of more than 800 pages upon the Government of London. "Municipal London, or London Government as it is and London Government as it ought to be," published by Messrs. Longman and Co., is an exhaustive examination into all existing institutions of Local Government in London, and contains an elaboration of a scheme for welding them all together into one Municipal Institution. The work was most favourably received and criticised by the Press, and elicited from some of the most prominent statesmen—such as Mr. Gladstone, Mr. Robert Lowe, and others—expressions of the highest approval. It has formed the basis of several Parliamentary Debates upon London questions. More than one Bill has been introduced admittedly upon the suggestions contained in it; and it is accepted upon all hands as the final and unimpeachable authority upon all the questions with which it deals.

Upon the questions of misappropriated endowments Mr. Firth's inquiries led him to form especially strong opinions. He considered that several hundred thousand pounds per annum now misappropriated might be made available for the inhabitants and for the poor of the Metropolis generally. At the request of some of the electors of Chelsea he contested the School Board Election of 1876, mainly upon this question, and his expressed intention to develop it at the School Board. Although comparatively unknown to the constituency, he succeeded after a very short campaign in rousing the borough to such a point of enthusiasm that he was returned at the top of the poll by a majority of about 3,000 over both friends and foes. The pledge he gave to the electors was amply fulfilled at the School Board. He introduced and carried through the Board resolutions pledging it to inquiry, and the first report of the Endowments Committee of the School Board, drafted by Mr. Firth, was accepted by the Board; and this body, representing directly nearly four millions of people, has now through his efforts put forth a demand for the rightful appropriation of the enormous misappropriated trust funds. If the result of the present election be to return Mr. Firth to Parliament, we may expect to see an end to this crying evil, which will be not merely advantageous to the ratepayers in reducing their burdens, but of the greatest benefit to the highest and best interests of this vast metropolis.

In his public addresses to the electors of Chelsea he has displayed an intimate knowledge of our local governing bodies. He has made himself acquainted with the requirements of the age, and in every respect he has shown a peculiar fitness to represent a Metropolitan constituency in Parliament. As Mr. Firth is in agreement with us regarding social topics, we hope the electors of Chelsea will return him as the colleague of Sir Charles Dilke. If they do so, Chelsea will be well represented in the new Parliament, while home and domestic legislation will have another able and eloquent champion in the House of Commons.

The upright, if he suffer calumny to move him, fears the tongue of man more than the eye of God.—*Diogenes.*

ON THRIFT IN RELATION TO FOOD.

By Dr. B. W. Richardson, F.R.S.

(*A Paper read at the Thrift Conference, Mansion House, March 12th*, 1880.)

If we take the twenty-five millions of people who at this time form the population of England and Wales, and, dropping the millions, place them in our minds as a family of twenty-five persons, variously engaged, we arrive at a very comprehensible and important series of facts. The family easily divides itself into its component parts. We see six members of it—five of whom are women—engaged in the domestic life. We see one—a man—actively engaged in commercial affairs, buying, selling, lending, and conducting transport service. We see two fully occupied in agricultural pursuits, cultivating land, growing food produce, and tending domestic animals. We see six—four of whom are men, two women—carrying out purely industrial pursuits, working at mechanical manufactures weaving, preparing foods and drinks, or working on animals vegetable, or mineral productions. We see eight, as scholar, going to school, or as children at the nurse's breast, the futures of the great family. We see one, of indefinite life, doing no active work whatever, but tolerated by the community, or helped by it. These make up twenty-four of the family. Lastly, we find one man, the twenty-fifth, standing at the head of the family, directing all its affairs. This man governs defends, teaches. He is the legislator, the soldier and sailor, the policeman, the clergyman, the lawyer, the doctor, the artist, the journalist, the author, the professor, the schoolmaster. This man owns, practically, all the land, rules all the industry, and is, in fact, as much the head of the family, as the head itself is the chief of the body.

This is the family of the English people proper, living in England and Wales. The question is, how the one man shall continue steadily to minister to the wants of the twenty-four persons under him. Those two men working on the farm, that one man trading, and those four men toiling in the shop, how shall he satisfy them so as to retain their continued support and loyal submission. Just at this moment that is rather a critical question.

The most critical question of all, relating to this family, is, that it shall be well and properly fed, or at all events, shall believe itself to be properly fed; for in truth, it might have all that is sufficient for its want, and a great deal more, and still consider itself over the brink of starvation.

My question is, what shall the twenty-fifth member of the English family teach and practise, in the way of feeding himself and the rest, so as to satisfy both the physical and the mental appetite? The difficulty he is under, in this dilemma, lies in the shortness of hands he has at his command for tilling the land and producing food, and the limitation of land to be tilled. The trader, it is true, comes to his assistance, and gives him a good proportion of food from abroad. If six hundred and fifty pounds in money's worth of food be requisite per annum, to keep this family, the trader can ensure one hundred and fifty pounds' worth, with promise of more; and so, with the trading supplement, matters go on without much pressure, friction, or disturbance. If the trader should fail in his task, if he should find outside supplies deficient, if he should find his

home transformed into a citadel into which his supplies could not be imported without great cost and peril, then affairs would soon be bad indeed. The eight children would cry for bread; the eight women would second the children; the one trader, two agriculturists, and four artisans would be more than troublesome; and the one indefinite would not, I imagine, do anything reasonable to reduce the difficulty.

The facts I have here endeavoured to simplify, so as to bring them home to the minds of all who are interested, are well known to those thoughtful statesmen who forecast the political meteorology with judgment and skill. They know truly that in the grand scheme of nature, carried out in her grandest manner, the principle of life is self-supporting. They know that nothing in nature, not a crumb that falls from the rich man's table, can ever be lost even as food.

While, however, they admit that nothing is lost in nature; that the amount of life on the earth is probably always the same; that death balances life, life death; that the animal life is always safe while the vegetable life is maintained; and that the vegetable life is always safe while the inorganic elements and the forces which move them are maintained, they never cease to detect the danger that exists in individual communities while life itself is at war with itself, and while one sphere of life is dependent on the temper of another. To this little issue resting on human passions do the divine schemes of the universe itself, in their relation to men, come at last. Far-seeing statesmen, therefore, are not surprised at phenomena which, to common minds, come as surprises. They know that in vital human communities, the elements of which such communities are composed, may, like saline matter in a saturated solution, remain disunited and mobile for unlimited time; but that the merest concussion, like the fall of a straw into the saline solution, may lead those elements, without loss of their structural essence, to crystallise out in new forms, forms which remain permanent until some other new external and potent influence interferes to re-solve and re-construct once more.

On the food question as a disturbing influence, different men take widely different views, even after they have appreciated its extraordinary importance. All in England have cause, I think, to admit that England cannot, under existing conditions, find sufficient food from her own soil for her own children. This is the darkest shadow of political calculation and thought that envelopes the nation. It is only an eclipse, and that so partial as not yet to be visible at Greenwich; but it is present. Some of those who know of it, believe that safety may always be ensured by food supply from abroad, from our colonies, and from other nations, on comparatively easy terms; others think that by increased cultivation at home, by what is called model cultivation, we may so increase supply that we may be sure to meet whatever demands shall be made from increase of population and from increase even of luxury.

To my mind, these often-expressed hopes are at best temporary and partial. When we come, for example, to deal with imported foods, putting aside all political embarrassments that may arise between food-supplying and food-receiving countries, and putting aside all natural failures at the sources of supply, there remain the two great obstacles—pressure of demand at the sources of supply themselves, incident to increase of population there; and cupidity in distribution of food that may be sent to us, after it has reached our shores.

Let me illustrate these points by what has recently occurred from the late importation of animal food from Australia by the *Strathaven*, refrigerating food vessel. I visited that vessel on its arrival in London, and inspected the preserved carcases in their frozen chamber, and I have been able to follow up that great experiment in an instructive manner, as the facts I am about to state will show.

The cargo was purchased in the Colonies at an average of 1½d. per pound; the cost of freight and expense of engineers is stated as 2d. per pound, making total cost, landed here, say 3½d. per pound. The beef and mutton may be estimated as each costing exactly the same per pound in the colony. A certain market, even at 1½d. per lb., would satisfy the producers, but the effect of this new outlet would enhance the value of meat in the colony to 2d. per lb., to which add 2d. per pound for expenses of freight, showing cost on landing here of 4d. per lb. Assuming the meat sold here wholesale at 5d. per lb., the shippers would realise a profit of 1d. per lb., equal 25 per cent., and this should be sufficient to satisfy persons embarking in the trade. The average price of the shipment per *Strathaven*, sold wholesale, was 5d. per lb. for the beef, and fully 5½d. per lb. for the mutton. The Smithfield retail price was 9d. for hind-quarter and 7d. for fore-quarter, the average Smithfield retail price being 8d. The butchers' retail price was much higher than the Smithfield retail. "I heard," says the informant who furnishes me with these details, "of an honest butcher, who retailed the meat at 7d., stating openly that it was Australian meat; and another West End butcher sold it to his particular customers at 10d. per lb., also stating it to be Australian." But no doubt many joints were bought and eaten as English.

In this short narrative we see facts, which, however slight they may appear, indicate direction of movement. They show how increase of price within a colony follows naturally on exportation of its produce, and they indicate how quickly, in a consuming community, trade influences modify and increase the cost price and the legitimate profits that should be based upon it.

When we come to deal with the question of model cultivation by the utilisation of all so-called waste products, we find another source of doubt as to permanent results.

It is all right enough to say that we should utilise what belongs to the soil, and that would be a perfect step on the model of nature, if we were at the same time to derive the wasted product originally from the soil to which it is to be returned. This is not the case, however, when we depart, as we now do, from the soil for the original supply. Let me illustrate this by a calculation which was once made in my "Social Science Review," on a controversy relating to the subject of labourers' plots of produce. These plots were called model oases of produce in the midst of starved acres. The labourer, it was stated, knows that if on his eighth of an acre of ground he cannot keep a pig to make manure, he cannot expect a crop. He fattens, consequently, in order to get the manure, one pig. The pig consumes twelve bushels of barley-meal, which at seven pounds of meal to one pound of meat, would be eighty-

four pounds of meat, or four-score on the one-eighth of an acre, or over thirty-two score per acre. At the same time the garden of this labourer is like an oasis in a desert. It receives in manure thirty-two times the farmer's quantity, and, as the man who makes the largest quantity of meat obtains a proportionate amount, both of manure and produce, the labourer is a model producer.

The reply to this argument was well handled, and was set forth as an argument altogether irrevelant to the solution of the question between food supply and population. The labourer, truly, so ran the answer, fattens one pig, which consumes twelve bushels of barley-meal, and makes the one-eighth of an acre an oasis. But thirty-six bushels of barley per acre is above an average crop, so that the labourer actually buys the produce of a quarter of an acre to manure his one-eighth. A very easy way indeed of making an oasis in a desert.

I adduce this illustration because I want it to illustrate a first principle as between food and population—namely, that while we must learn to turn wasted lands into fruitful, by cultivating on them varieties of food, by pushing discovery into new classes of foods, and by ascertaining what will yield different products, and by change of product yield still new products, we are not at model work when we go abroad for the foundation of our produce. To-day our foreign food yields a large part of the manure on which our own lands are directly fed, and from which we derive, through the land on which it is laid, the food it supplies. Thus, as it were, we temporarily import land from abroad, a process which, like the labourers' gardening, may go on very well so long as those abroad will send us what we want, but which would be a pitiful resource if at any time those abroad either want all for themselves, or in anger refuse us our requirements.

Whatever view, then, may be taken in respect of foreign supply of food and of model cultivation, we cannot depend in the future upon them. We may, and ought to, cultivate both; we must do so. We must cultivate, and not only cultivate, but establish a *third factor*, which, on the principle of a penny saved is a penny earned, must be second to none other. That factor is *thrift*. Our family of twenty-five must become a thrifty family through every member of it. From the all-potent twenty-fifth man down to the indefinite helpless man, through all the ranks, thrift must be the order of the day. The six hundred and fifty pounds' worth of food should be brought down to five hundred. How is that to be done, is the question. The accomplishment of this object will be best secured in the following ways :—

1. By giving up the use of substances used as foods which are not foods, but are inimical both to health and life.

2. By learning to use foods as near as possible to their first and cheapest growth.

3. By reducing the quantity of food used to the lowest practical working quantity.

1. Of supposed foods to be given up, one article stands out so prominently, that the removal of it alone would almost outweigh the value of all foreign food supplies at present imported. That article is alcohol. Our family of twenty-five spends a good hundred of its income on this article alone, or, turning it into millions, one hundred millions. Lord Derby is reported to have said a short time ago, that of sixpence spent in this way fivepence is lost. Even that is an extreme view. The little, residue, the fraction of food that is present in alcoholic drinks, really does not approach that calculation, while the injury that is inflicted on the family, the cost that is inflicted by the utterly useless and fearfully injurious action of that which inebriates, and does not feed either muscle, bone, nerve, or sense, but degrades them all, is an interest cent. per cent on the fraction of food, levied with the most rigid and torturing exactitude.

2. In the way of learning to live on foods nearest to the first and cheapest growth, we must bring ourselves to use more freely vegetable foods and the fruits of the earth. The accomplishment of thrift through the use of vegetable substances and fruits is common-sense itself, for when we use animal food, we as a general rule first use the animal that supplied the food to transmute the vegetable food into animal. It is true one flesh-eating animal may live on the flesh of another flesh-eater, the process is limited in range, and at the bottom of it there must be a first-supplying animal that gets its sustenance from the vegetable kingdom. This is only telling, in other words, the truth that there is no primitive form of food, albuminous, starchy, osseous, in the animal world itself. We have, therefore, in procuring the animal in a state for food, to catch it or rear it, to feed it and tend it; to accept the loss of it from possible disease, to go to the expense of killing it and dressing it, and, in the end, to use, after all, but a portion of its carcase for that food which we require from it. All these acts mean money, and, as a rule, money over and above, in great part, that which is spent in merely collecting the primitive vegetable substances which might be as directly applied to the wants of man as indirectly through the animal. The cheapness of vegetable food is plain enough.

3. The next question is that of quality, or of goodness, amount of nourishment of different kinds. Let us test this fact in relation to the amount of water in different foods. In the primest joints there is as much as 70 or 75 per cent. of water. There are some vegetables which contain more water than this, viz., potatoes, turnips, cabbages, and carrots; but there are other vegetables which contain infinitely less water. Oatmeal, for example, contains only 5 or 6 per cent.; good wheaten flour, barley meal, beans, and peas, 14; rice, 15; and good bread 40 to 45 of water. Taking then, the value of foods as estimated by their solid value, there are, it will be observed, a large class of vegetable foods which, for solid value, are incomparably superior to animal flesh. Peas, beans, rice, oats, barley, and wheat, are of this class. In the animal foods named, there are 25 parts of solid matter to the 100; in the vegetable foods specially named, there are 86 parts.

If we compute from the solid matter the value of flesh-forming and strength-producing foods on the animal and vegetable produce, we find some other useful facts. In a leg of mutton we find 24 per cent. of solid material, 10.20 of albuminoids, or flesh-forming substance, and 8.76 of fat, or force-producing substance, the rest of it is water. Let us compare that with wheat as a favourite vegetable substance, and we shall find in the 86 per cent. of the solid matter of wheat, 11.50 of albuminoids, or flesh-forming substance, and 71 of force-

producing substance, or starch with a little fat. Wheat is, by this calculation, much more valuable than leg of mutton, and the vegetarian would, I dare say, with fair argument, challenge many further similar comparisons. Coming, in fact, directly to matter of quality or goodness, it may honestly be admitted that, weight by weight, vegetable substances, when they are carefully selected, possess the most striking advantages over animal in nutritive value.

The practical lesson is, that man can live most healthily on a condensed vegetable diet, in combination with fresh fruits and green vegetables. Once understood as a matter of thrift, vegetable foods would soon come into general, if not into universal, use. At the same time, there is this difficulty in the advancement of economy by the use of vegetable food, that many persons will always be found who, in spite of repugnance or other objection to animal food, will digest vegetable food that has been prepared for them by passing through the systems of other animals, better than when they themselves take it first hand from the plant. The pulses produce in most persons flatulency and dyspepsia. Oatmeal causes in many persons heat and dryness of the skin, even when taken with lime juice or fresh fruit; and other difficulties could be named which, at the present, beset the vegetarian in his path. These difficulties are not unsurmountable, but an inquiry is demanded on the point whether the transmutation of vegetable food, which now is obtained by the digestion and passage of the blood into the tissues of lower herbiverous animals, may not be effected by chemical processes, apart from the intermediate animal altogether. When the most scientific instruments possessed by man were the flint head, the iron lance, the boomerang, the sling and stone, the fowling-piece, the rifle and other weapons, for destruction of the inferior animals, or, when improving on these, he has advanced only to the process of herding and feeding animals for slaughter, this question of transmutation of vegetable feeders could not be thought of. In the present day, the circumstances are entirely changed. We know now, to a nicety, the relation of the various parts of food, for the construction of the living body from food, and there should be no difficulty, except the labour of research, in so modifying food taken from its prime source as to make it applicable to every necessity without the assistance of any intermediate animal at all. Changes quite as difficult have been accomplished by scientific labour in the laboratory, and if men of science will, in patient research for a few years, follow up the artificial digestion and condensation of vegetable foods by synthetical imitations, assuredly the perfect production of perfect food from the vegetable kingdom, without the aid of the intermediate lower animal, will be another triumph of science over nature. In the presence of such a development, food of the best kind would become the cheapest of all products, and would be so under the control of man, that new races of men, constructed on better food than has ever yet been prepared, would rise up to demonstrate the greatness of the triumph by their improved physical endowments, and their freedom from certain diseases, which must always occur so long as other living animal bodies are demanded for the reconstruction of the human body.

The quantity of food that is taken is the third particular subject in respect to thrift in food to which I would direc attention. There can be no doubt that the average amount of food taken by the majority of persons far exceeds the amount that is really necessary. The saving that might be made is, I believe, a fair half of that which is actually required by the members of the community that can claim anything approaching to a competency. It is in the great centres of population that this form of economy of food is most urgent, for it is in them that the greatest waste is carried on. In the time of the cotton famine I estimated, in respect to animal food, that the average amount consumed per day in England was seven-and-a-half ounces per person, while in France it was under three ounces. This was by a supposed equal division of the animal food through the whole of these countries respectively; but when the estimate was applied to the metropolitan centres of these countries, it gave a consumption of twenty-two ounces per day for each person in London, and nine ounces in Paris. It is not, however, to be supposed that the enormous over-consumption of food in these great centres was food actually eaten by the people. It was food eaten, and eaten in excess, but it was also food literally thrown away, the value of which has more than once been shown by the application which has been made of it by some thrifty communities. The Sisters of Nazareth House, at Hammersmith, have been good, and, for aught I know, are still, one splendid example of these thrifty people. Out of the crumbs which fall from the tables of the rich and extravagant, and which these good women collected, they actually fed, during the cotton famine, on good sustaining food, not only their own community, but a hundred other persons who were dependent on them for support, the waste residue from every family of six persons being sufficient, when it could be collected, to keep a seventh comfortably, and in some instances, as I was advised, even a seventh and eighth.

This example of thrift, if but partly copied by the people generally, would soon work an entire revolution in food economy in this country. To be effective, however, the example must come, not from little sisters of charity, but from that twenty-fifth man who heads the community, and especially—I say it in all honesty, and without a thought of offence—from him as he disports himself in such places as the City of London. It is at great and wasteful banquets that the extreme lessons of thriftlessness which so oppose thrift are set forth and praised and practised, and it is in these centres the grand reform should commence.

In the year 1864, when I was writing for the *Medical Times and Gazette* a medical history of Wolverhampton, I chanced to reason with some colliers there, why they should spend their hard-earned wages as they did, in what they called "pleay," which means living for one day in the week on the choicest viands that could be got, ducks, geese, game, lamb, or asparagus, every dainty the season could yield, or money purchase. In reply, one of these grimy epicures, little anticipating how his words would one day be applied, observed, "Gie up pleay, measter; why it's only a feaest loike a Lod Mayor's dinner, if ye've iver bin at un. When us betters gie up pleay, tell us, and we wull." The retort went, and still goes, home. But I take it as one of the most hopeful signs of thrift that was ever known, that, through the liberal-mindedness and the earnest desire for the public good, the moral it so forcibly conveys should be at last permitted by a Lord Mayor of London himself to be repeated even from the banqueting-hall of the Mansion House.

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HOUSE AND HOME

LONDON: MARCH 27th, 1880.

THE LONDON WATER QUESTION.

THE pause in the work of Parliament caused by the dissolution affords an opportunity for the vestries and ratepayers of the Metropolis to consider and decide on their course as to Mr. Cross's Water Bill. Condemned as to the machinery to be created to administer, and the price to be paid, the forms of the House yet permit some progress to be made on its re-assembling, renewed and invigorated by its contact with the people, for active legislative work. Mr. Cross has promised to refer it to a Select Committee. This means a Committee constituted on the precedents of the Gas Committees affecting London in 1860 and 1868—viz., five members to be suggested by the Water Companies, one by the Metropolitan Board, one by the City Corporation, and three from the Metropolitan members, with five to be nominated by what is known as the Committee of Selection—*i.e.*, by a Special Committee of the House whose function is to nominate members for Committee work. It is assumed a strong Chairman will be selected, like Sir James Graham on the Water Bill 1852, and Mr.—now Lord—Cardwell on Gas 1867. The new House will doubtless supply in a man like Mr. W. E. Forster, or one equally experienced, a fitting Chairman. The Committee so constituted will be armed with adequate authority. There will be laid before it the financial basis on which Mr. Cross's Bill is built, and upon which explanatory, confirmatory, or depreciatory evidence will be given and considered. The Metropolitan Board or the Corporation of the City will doubtless bear the brunt, and be represented by counsel. If the Metropolitan Board appear the vestries will not be permitted to appear by counsel; but ratepayers qualified by study or experience may be examined, and suggest points of inquiry and amendments on the Bill. Mr. Beal may be invited to give evidence on the proposed constitution of the Water Trust, and may suggest new machinery on municipal lines, common to Manchester or Glasgow. Experts may give evidence on figures presented, others on the absolute necessity of the principle of the Bill being accepted—that is, the purchase by London of its own water supply. If the objections to administrative proposals and to price are sustained in the opinion of the Committee, they will propose amendments. Whilst the Companies will care nothing as to machinery, they will be powerful on price, and it may be admitted, after Mr. Cross's admission that we can only acquire them by agreement, that should they object to the price which the Committee may consider just, the Government may decide to withdraw the Bill. Before this, however, happens, the Committee will be invited to, and if a good strong Committee will doubtless pass a resolution recommending terms of purchase, and that failing acceptance by the Companies, the Metropolitan Board should be authorised by the Government to bring in a competing scheme. That means a fight, new to this generation, but within the rights of the people, to propose modes of supply outside the Companies. To this it is said, that so full is the ground of pipes that there is no room to lay more. Sufficient for the day is the evil thereof. We can get over that, as engineers before now have got over greater difficulties. Under they can burrow, over they can engineer, and in a dozen ways give London what it wants. Our difficulties do not lie in that. We shall want Parliamentary strength—such as is to be found in the determination of a Government to see right done—or equal resolution in the Metropolitan Board to occupy the great vantage-ground, and protect the consumers. We do not see strength in the vestry delegates. Figures acceptable to the Companies were quoted as if in the interests of ratepayers; their suggestions were right only when they deprecated the withdrawal of the Bill. Its consideration in the new Parliament is a paramount necessity, to save precious time and vast sums of money. In the Gas Bills we have referred to, the Companies spent over £100,000 in opposition, and the vestries, through Mr. Beal, under £3,000. If the coming session is lost, the new valuation will have been completed and new claims arise. The Committee may recommend that whenever the purchase takes place it shall be on the price named by Mr. Cross in June, 1879. This would be under or about £16,000,000, in itself a prodigious bonus for £8,000,000 of capital. The Committee may recommend the Government to test before the Courts the right of the Companies to charge on a value which under the Valuation Act is limited to imperial or parochial purposes, but which they have impressed into their service. Some great landowners in London, in the interests of their tenants on the Westminster or Bedford estates, may be patriotic enough to raise the issue, or, better still, may head a movement to initiate a scheme for a new supply, to be submitted to Parliament. To this point we will bend our energies.

CURRENT OPINIONS AND EVENTS.

THE Government Water Bill continues to be largely commented upon by Parliamentary candidates, especially in the Metropolis. Some idea of the force of the opposition to the proposal of Mr. Cross may be gathered from the fact that the Conservative candidates for Chelsea, Lord Inverurie and Mr. Browne, who originally announced themselves as supporters of Lord Beaconsfield's Government, have felt themselves obliged to issue an address stating that had they been in Parliament they should have opposed the Water Bill. In no other borough, perhaps, has the Bill been more severely criticised than it has been by Sir Charles Dilke and Mr. Firth, the Liberal candidates for Chelsea; and from the recent action of Lord Inverurie and Mr. Browne, their pungent remarks have evidently been responded to by the electors.

On Saturday last Mr. John Morley suggested that with regard to the Water Bill of the Government, the preamble to the Bill ought to be as follows :—

"That whereas it is expedient to take twelve millions of money out of the pockets of the ratepayers, and to put it into the pockets of the London stockjobbers and gamblers, be it enacted," &c. (Great laughter.)

Sir Thomas Chambers, M.P., said to a meeting of his constituents that—

"As to that blessed Water Bill, he was rather thankful for it than otherwise, because if it had not been for that there might have been no dissolution till November."

Mr. Torrens, M.P., in referring to Mr. Cross's Water Bill, said :—

"He had some time ago urged a Cabinet Minister to avoid centralisation, and to leave the matter in the hands of the people—(cheers)—but the Government had not taken his advice."

Mr. Joseph Cowen, M.P., who was accidentally injured by the crowd at a meeting held in support of the honourable gentleman's candidature last week, will be unable to attend to his duties for some time, and he has been ordered to the South of France.

All friends of Dr. F. R. Lees will be sorry to learn that that gentleman ruptured a blood-vessel while speaking in support of the candidature of Mr. Barran and Mr. Gladstone, at a ward meeting held last week in Leeds.

In opening a coffee-tavern at Hornsey, on Saturday last, Lord Shaftesbury said that—

"He had been connected with the coffee-tavern movement from its birth, and he was pleased to be able to state that it had been found very successful. Whether this tavern would be a success or not depended entirely upon the principles on which it was conducted. No religious dogmas must be enforced, and the men—the customers—must receive all the attention and be allowed to exercise the same rights that they would have in the public-house, the only difference being that the drinks would be those of temperance instead of intoxication. The dangerous time for the workman was when his labours were over, and he had several spare hours before him. If he did not find comfort at home he sought it in the public-house, not on account of his love for drink altogether, but because there he found amusement in the association of other men. The English workman was not so fond of drink as was almost universally believed. He remembered some time ago, while down in his part of the country, a great many men were working up to their knees in water, and an experiment was tried of supplying them with good coffee instead of beer. The result was they worked on the coffee for a whole day, and in the evening they sent one of their number to thank him, who said, 'Really, my lord, until we tasted this we did not know that there was such a thing in the world.' He thoroughly believed it, and felt sure that if the inducements of a public-house—minus the intoxicants—were offered more largely to the working classes, drunkenness would greatly decrease. His lordship concluded by declaring the tavern open to the public."

OVERWORKED WOMEN.

BY MRS. H. H. T.

[The following article, from the *American Cultivator*, will be read with interest in this country. It gives a view of social life in America not often presented to us.]

I HAVE recently noticed in some of the leading journals the expression of opinion that the average American women were overworked, showing a loss of vigour and spirit, really appearing subdued and broken down.

It is not hard work that gives so many country women, and the thousands of city women, the cadaverous, despairing, morbid expression, which calls out the sympathy of every thoughtful observer. Last Saturday I saw a woman in a dry goods store buying two yards of waist lining and three yards of cambric. Her husband, her son, a young man, and a daughter, as I supposed, stood behind her while the purchase was made. I did not stay to see the end, but I have very little doubt but that the husband doled out the money to the clerk, for I often see this done, while I always feel humbled for my sex on such occasions.

Such an act in itself is not of much consequence, but deep behind it lies a festering sore which is eating away all womanly independence, all self-confidence, all hope, while it leaves but the shadow of the beautiful maiden, whose every wish was law, and in whom the lover (now the master) had the utmost confidence of her ability to manage the household and to spend whatever pocket-money she had or could obtain.

I may be mistaken, but I feel sure that the average condition of hard-working country women is far below the average of harder worked city women. There are thousands upon thousands of young girls, young women, and middle-aged women, who rise at five in the morning, eat a hurried breakfast in a dismal, small kitchen or dining-room, while about half-past six or seven they turn out into the cold and snow, rain or shine, as the case may be, and with dinner basket on the arm walk down or up town to the crowded factory, the busy seed-store, the tailor shop, or the millinery establishment.

Did any of you ever visit one of those places of labour where 5 dollars a week is good pay to old hands? It was my

lot to have occasion to visit recently a tobacco factory where they kept a constant advertisement before the public, "fifty hands wanted."

I entered a very fine office, neat and clean, with high walls and substantial furniture; a good-looking clerk approached.

"I see," said I, "that you want fifty girls. I thought I would make some inquiries about the work, the amount of wages, the hours of labour, &c., as a neighbour of mine, who has just lost her husband, is thinking of putting her daughter to some profitable employment."

Very politely replying, the clerk said that "A bright girl would in time earn eight dollars or ten dollars a week."

"Can I see the girls at work?"

He hesitated a moment, and then said, "Yes," opening a door upon a scene I shall never forget. There were a hundred girls sitting close together, untidy, some marked with small-pox, some with hair unkempt, bold and saucy. The smell of the tobacco was very unpleasant, the roar of the machinery overhead was confusing; the fœtid, close air of the room gave me a headache, even while I gazed upon the sight.

I made some expression of surprise at the number of girls.

"Oh, these are not a quarter of them," was the reply, "there are four more rooms, while some have more girls employed than occupy this floor."

"How many cigarettes can you make in a day?" I said to a young girl, whose fingers flew like lightning.

"A thousand," was the reply.

"How much can you earn?" I continued.

"Three shillings a thousand; but I have only been at it a month—I expect to make more some time."

I turned away with a sigh, and on my return home recommended my neighbour to go on to Government lands with her boys and girls, or to do anything rather than place them in such an atmosphere.

However, I must say, that with all this hard labour, with all the bad atmosphere, with all the unpleasant associations of such a place, the girl or woman who clasps in her hands on pay-day the well-earned money, is far happier than the farmer's wife, who seldom has a dollar to spend as she pleases. Here is where the farmer makes his mistake. If he wants a new machine he simply says so, and plans and saves for it, while his family must do the same; but if the wife wants a new kitchen stove or range, a patent churn, or a new carpet, or an easy-chair, or anything that will make life easier or home more attractive, she is told to wait, wait, or else put off with other excuses.

When farmers' wives go to town the whole family generally goes, instead of leaving some one at home to look after the house and farm. The wife has in her mind twenty necessary things to buy for her comfort and for that of her family; but before half her purchases are made the husband looks serious, and the wife, in pity or from morbid weakness, ceases to buy, and they go home perhaps half supplied, while probably the least needed things have been bought.

This condition of affairs should not exist, and would not be the case if woman were treated like rational beings, and vouchsafed a certain amount of allowance for family necessaries. Such a course is cheapest in the end, and the sooner a sensible man with a reasonable wife finds out this principle and acts upon it, the sooner his financial prospects will brighten.

I have carefully used my opportunities for observation, and, from what I have seen, I am convinced that those housekeepers who do not buy the sugar, the butter, the tea and the coffee, use it extravagantly. I could give instances to prove this, and that the way to cure such extravagance is to allow the women to make the purchases and handle the money so used—in short, some sort of an allowance; while the allowance should be reliable, the husband being honest enough not to borrow from it with no intention of paying back. Of course there are exceptions to this rule, as there are to all rules. But let some sensible husband, who is assured that he has a good, common-sense wife, try the plan, if he has not already done so, of giving to his wife the opportunity to make her own plans, buy the articles needed for the house, and he will find she is able to save in many ways where he could not.

Rochester, N. Y.

POPULAR SAYINGS—THEIR ORIGIN.

MANY of our common sayings, so trite and pithy, are used without the least idea from whose mouth or pen they first originated. Probably the works of Shakespeare furnish us with more of these familiar maxims than any other writer, for to him we owe: "All is not gold that glitters," "Make a virtue of necessity," "Screw your courage to a sticking-place" (not point), "They laugh that win," "This is the short and long of it," "Comparisons are odious," "As merry as the day is long," "A Daniel come to judgment," "Frailty, thy name is woman," and hosts of others.

From the same we cull, "Make assurance doubly sure," "Christmas comes but once a year," "Count their chickens ere they are hatched," and "Look before you leap."

Washington Irving gives us "The almighty dollar." Thomas Norton queried long ago, "What will Mrs. Grundy say?" while Goldsmith answers, "Ask me no questions, and I'll tell you no fibs." Charles C. Pickney, "Millions for defence, but not one cent. for tribute." "First in war, first in peace, and first in the hearts of his fellow-citizens" (not countrymen), appeared in the resolutions presented to the House of Representatives in December, 1790, prepared by Gen. Henry Lee.

Thomas Tasser, a writer of the sixteenth century, gives us, "It's an ill wind that turns no good," "Better late than never," "Look ere thou leap," and "The stone that is rolling can gather no moss." "All cry and no wool" is found in Butler's "Hudibras."

Dryden says: "None but the brave deserve the fair," "Men are but children of a larger growth," "Through thick and thin." "No pent-up Utica contracts our power," declared Jonathan Sewell.

"When Greeks join Greeks then was the tug of way," Nathaniel Lee, 1692.

"Of two evils I have chosen the least," and "The end must justify the means," are from Matthew Prior. We are indebted to Colley Cibber for the agreeable intelligence that "Richard is himself again." Johnson tells us of "A good hater," and Mackintosh, in 1791, the phrase often attributed to John Randolph, "Wise and masterly inactivity."

"Variety's the very spice of life," and "Not much the worse for wear," Cowper. "Man proposes, but God disposes," Thomas à Kempis.

Christopher Marlow gave forth the invitation so often repeated by his brothers in a less public way, "Love me little, love me long." Edward Cooke was of the opinion that "A man's house is his castle." To Milton we owe "The paradise of fools," "A wilderness of sweets," and "Moping melancholy and moonstruck madness."

Edward Young tells us, "Death loves a shining mark." "A fool at forty is a fool indeed;" but, alas, for his knowledge of human nature when he tells us, "Man wants but little, nor that little long."

From Bacon comes "Knowledge is power," and Thomas Southerne reminds us that "Pity's akin to love." Dean Swift thought that "Bread is the staff of life." Campbell found that "Coming events cast their shadows before," and "'Tis distance lends enchantment to the view." "A thing of beauty is a joy for ever," is from Keats. Franklin said, "God helps those who help themselves," and Lawrence Sterne comforts us with the thought, "God tempers the wind to the shorn lamb."

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

TALLYMEN, OR TRAVELLING DRAPERS.

To the Editor of "HOUSE AND HOME."

SIR,

Mr. Sergeant Petersdorff, of the Bridgwater County Court, in rebuking travelling drapers on the nefarious system that they have in carrying on their business, has set a very good example to the judges of other County Courts in different parts of England. In some cases that were lately brought before him he told these tallymen that they must go to the husband and get his sanction to be allowed to supply the wife with any goods on credit, and if this plan was not carried out, in all future cases that were brought before him he should certainly give a verdict for the defendant. Let me ask what respectable working man, if he were consulted, would ever sanction his wife obtaining goods in this way, for it is well known that for an article which you can buy in a shop for 10s. with ready money, these tallymen will charge 30s. In nineteen cases out of twenty the husbands know nothing whatever of these transactions. Travelling drapers at the present time are creating a very great havoc and ruin among the working population in a great many of our provincial towns. In Manchester tallymen are known under the sobriquet of "Scotchmen," and they go about that industrial city from house to house, always during the absence of the husband at his daily labour, tempting the women to buy their goods on credit. They are always well up in talk as salesmen in this particular class of business, and well know what is the best bait to catch their prey with. Should Mrs. Jones purchase a dress for £2, it will be worth about 15s. at the very most; the weekly payments for this will be 2s. per week. Should any of the payments be owing, Mr. Jones is very probably summoned to the County Court. In due time the summons arrives, and the wife takes it in. Being afraid to tell the husband on the day of hearing, she appears and defends the action, admitting the debt. The judge then orders the husband to either pay it immediately or at so much a month. The wife, not knowing the law, perhaps neglects to keep these payments paid up; the consequence is that the "Scotchman" puts in an execution, and when the husband arrives home from his daily toil he finds the bailiffs from the County Court have been in his house and broken up his home entirely. Sometimes, if it is a few pounds, they will put it into the Court of Record, which is a very quick and expensive process of getting the money, the costs very often coming to as much as the debt. The money in this case has to be all paid, including costs, in a few days, or an execution on the goods. If married women once commence having any dealings with these tallymen it is no easy matter to get out of their clutches. Having been a citizen of Manchester for a number of years, a very great many of these cases have come under my own personal observation, among them being the case of a young man who happened to stay at home from his work one morning; sitting in his parlour a knock came to the street door; when it was opened by a little girl, a "Scotchman," not knowing that the husband was at home, rushed into the lobby demanding money. This opened the young man's eyes, and on making further inquiries he found out that his wife had four of these "Scotchmen" coming to his house daily for money, and that he had been also summoned to the County Court for drapery goods that he knew nothing about, his wife having appeared and defended the action. I made it my business to see a barrister and ask him how the law stood on this subject. He then told me that the law as it stood at the present time in regard to these travelling drapers was that in the case of any woman having anything on credit according to her station in life, even when unknown to her husband, the law holds the husband liable.

I am, Sir,
Your obedient Servant,
GEORGE RYAN.

22, Rupert Street,
Leicester Square.

SPRING FLOWERS.

BOWING adorers of the gale,
Ye cowslips delicately pale,
Upraise your loaded stems;
Unfold your cups in splendour: speak!
Who decked you with that ruddy streak,
And gilt your golden gems?

Violets, sweet tenants of the shade,
In purple's richest pride arrayed,
Your errand here fulfil;
Go, bid the artist's simple stain
Your lustre imitate, in vain,
And match your Maker's skill.

Daisies, ye flowers of lowly birth,
Embroiderers of the carpet earth,
That stud the velvet sod;
Open to spring's refreshing air,
In sweetest smiling bloom declare
Your Maker, and my God.

Clare.

WORKMEN'S WAGES IN GERMANY.—Taking the whole country through, the wages of mechanics, artisans, and handicraftsmen of all trades vary from about 13s. to 18s. a week. The trade of the printer may be taken as a fair sample of the callings which require the union of intelligence and manual skill. Now, at Leignitz, where much printing is done, the compositors receive 15s. a week for working eleven hours a day, and 3d. an hour for overwork; when working by the piece, and for twelve hours a day, they can earn 18s. a week. The machine manager is paid 18s. a week, while the pressmen earn on an average only 9s. 6d. In some places wages are somewhat higher, and are as much lower in others. In Leipsic, the great German book-market, where more books are produced than in any other city on the Continent, the wages of the compositors vary from 12s. a week to as high as 24s. Typefounders earn there from 15s. to 30s. or more. The Leipsic printers, both press hands and compositors, as a rule, live better than other working men, and usually eat meat every day. The printers of Leipsic struck in 1865, and one consequence of their strike was the introduction of a good many women into the trade, who remain in it at the present time and earn good wages.—*Leisure Hour.*

A vice sanctioned by the general opinion is merely a vice. The evil terminates in itself. A vice condemned by the general opinion produces a pernicious effect on the whole character. The former is a local malady, the latter a constitutional taint. In our own country, a woman forfeits her place in society by what, in a man, is too commonly considered as an honourable distinction, and, at worst, as a venial error. The consequence is notorious. The moral principle of a woman is frequently more impaired by a single lapse from virtue than that of a man by twenty years of intrigue.—*Edinburgh Review.*

Love, when founded in the heart, will show itself in a thousand unpremeditated sallies of fondness; but every cool, deliberate exhibition of the passion only argues little understanding, or great insincerity.—*Goldsmith.*

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

In the beginning of the last century, there was in the menagerie at Cassel a lion that showed an astonishing degree of tameness towards the woman that had the care of him. This went so far that the woman, in order to amuse the company that came to see the animal, would ofter rashly place not only her hand, but even her head, between his tremendous jaws. She had frequently performed this experiment without suffering any injury; but having once introduced her head into the lion's mouth, the animal made a sudden snap, and killed her on the spot. Undoubtedly, this catastrophe was unintentional on the part of the lion; for, probably, at the fatal moment, the hair of the woman's head irritated the lion's throat, and compelled him to sneeze or cough: at least, this suggestion appears to be confirmed by what followed; for, as soon as the lion perceived that he had killed his attendant, the good-tempered, grateful animal exhibited signs of the deepest melancholy, laid himself down by the side of the dead body, which he would not suffer to be taken from him, refused to take any food, and in a few days pined himself to death.—"*Zoological Anecdotes.*"

A little particle of rain,
That from a passing cloud descended,
Was heard thus idly to complain—
"My brief existence now is ended!
Outcast alike of earth and sky,
Useless to live, unknown to die!"

It chanced to fall into the sea,
And there an open shell received it;
And after years how rich was he
Who from its prison-house relieved it!
The drop of rain had formed a gem
To deck a monarch's diadem.

Persian Fable.

There is no mystery in the mental faculties of mankind; fancy, imagination, sentiment, passion, acuteness, judgment, reason, memory, are all positive, and capable of being discriminated and measured; they are not to be admitted or denied as temper or fashion may dictate. They do not depend on a little more or less of management, or a little more or less of care or chicanery. Genius and talent pervade all, in spite of negligence, rapidity, and defying artlessness; and deficiency will pervade all, in spite of *finesse*, and labour, and contrivance, and false ornament.

—*Sir E. Brydges.*

To square out a character by our English level is a picture (real or personal) quaintly drawn in various colours, all of them heightened by one shadowing. It is a quick and soft touch of many strings, all shutting up of one musical close; it is wit's descant on any plain song.

—*Sir Thomas Overbury.*

He had need to be well underlaid that knows how to entertain himself with his own thoughts. Company, variety of employments or recreations, may wear out the day with the emptiest hearts; but when a man has no society but of himself, no task to set himself upon but what arises from his own bosom, surely if he have not a good stock of former notions, or an inward mint of new, he shall soon run out of all, and, as some forlorn bankrupt, grow weary of himself.—*Bishop Hall.*

I have observed among all nations that the women ornament themselves more than the men; that wherever found they are the same kind, civil obliging, humane, tender beings; that they are ever inclined to be gay and cheerful, timorous and modest. They do not hesitate, like men to perform a hospitable or generous action; not haughty nor arrogant, nor supercilious, but full of courtesy, and fond of society; industrious, economical, ingenious, more liable in general to err than man, but in general, also, more virtuous, and performing more good actions than he. I never addressed myself in the language of decency and friendship to a woman, whether civilised or savage, without receiving a decent and friendly answer. With man it has often been otherwise. In wandering over the barren plains of inhospitable Denmark, through honest Sweden, frozen Lapland, rude and churlish Finland, unprincipled Russia, and the wide-spread regions of the wandering Tartar, if hungry, dry, cold, wet, or sick, woman has ever been friendly to me, and uniformly so; and to add to this virtue, so worthy of the appellation of benevolence, these actions have been performed in so free and kind a manner, that, if I was dry, I drank the sweet draught, and if hungry, ate the coarse morsel with a double relish.—*Ledyard's* "*Siberian Journal.*"

THE HOUSEWIFE'S CORNER.

TO WASH SHETLAND SHAWLS.

Make up a thin lather of boiled soap and water; plunge the shawl in this, and gently strip it through the hand. It must never be rubbed or wrung. When clean, rinse through water without any soap, hang it up for about a minute, shake it gently by each side alternately, pin it out on a sheet exactly square, and if the shawl be of a fine texture it should be lightly sewed down to the sheet by the top of the fringe to prevent its running up; then go over the whole fringe, drawing each thread separate, and laying it straight out. If these directions are carefully attended to, the shawls may be washed many times, and each time appear as well as when new. They should never be put into the hands of any but those who are accustomed to wash lace.—*Floral Cabinet.*

A NICE BOILED PUDDING.

Eight eggs, one quart of milk, one pint of flour, add salt to the taste, say a light teaspoonful; beat the eggs very light, the yolks and whites separately; the yolks should be as thick as batter; add to them alternately the flour and milk, and very gradually, beating hard all the time. Then stir in the whites, which must be beaten very light previously, for it will spoil the pudding to beat the batter after the whites of the eggs are in. Wet your pudding-cloth with scalding water, wring it dry, flour the inside and pour in the batter. It requires one hour for boiling, and if properly made is a very delicate, light pudding. Serve with any good sauce.

APPLE TAPIOCA.

Put one cupful of tapioca in the bottom of a small bowl, and pour over it one quart of water; let it soak all night. Peel and slice a dish of good cooking apples, allowing a quarter of a pound of sugar to a pound of fruit, and add water enough to prevent their burning and sticking to the bottom of the dish. Set them in the oven to bake, and when nearly done pour over the tapioca and return to the oven to stand until it jellies. Eat with milk.

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RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
MR. JAMES BEAL.
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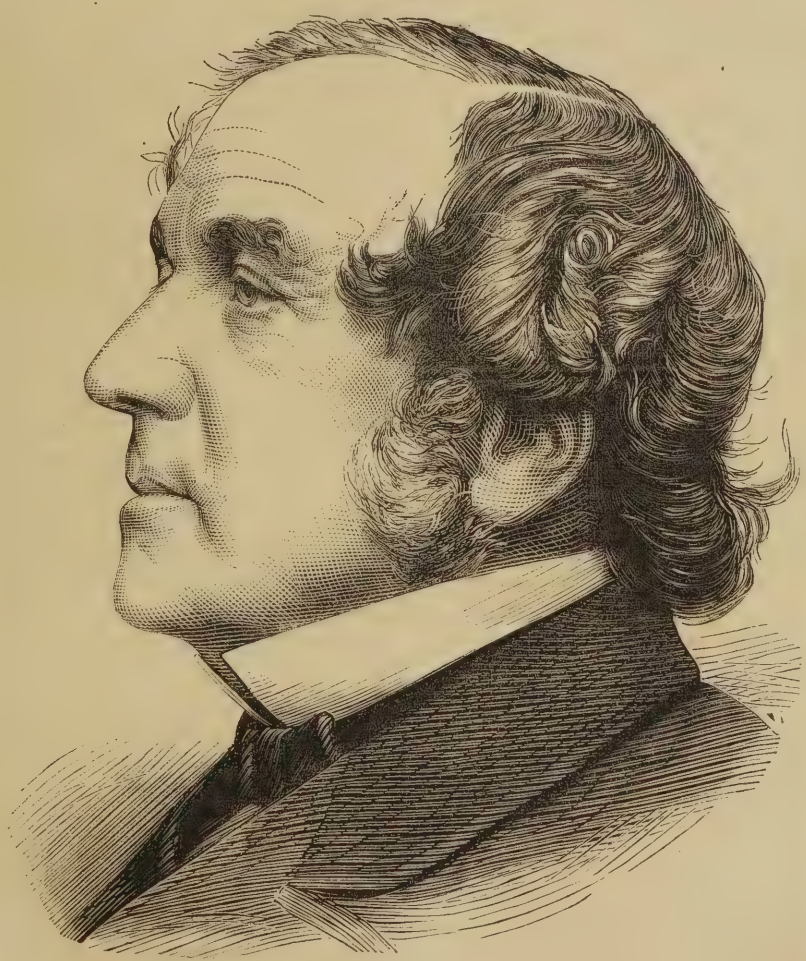

SAMUEL MORLEY, ESQ.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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SAMUEL MORLEY, ESQ.

Mr. Samuel Morley, who, by the time this issue is in the hands of our readers, will, without doubt, have been elected for the third time Member of Parliament for the City of Bristol, was born in 1809. His ancestors, the Morlais, settled in this country in the sixteenth century, having been driven from France in consequence of their Huguenot faith. Mr. Morley married Rebekah Maria, daughter of Samuel Hope, Esq., in 1841. He has seven children living.

For a generation or more Mr. Samuel Morley has been one of the leading philanthropists of the age. He takes a deep interest in movements for improving the condition of the people. He is the warm friend and ally of the temperance movement; and for upwards of twenty years he has been President of the United Kingdom Band of Hope Union. He is a munificent contributor and benefactor to some of the best charitable and philanthropic institutions of the day.

We could occupy a column in naming even the many societies, institutions, and companies with which he is connected, all of which are additional to his Parliamentary duties, and to the care and anxiety necessarily devolving upon him as the head of the extensive and famous firm of Messrs. I. and R. Morley.

If he has a weakness, it is, we think, the readiness with which he permits his name to be used in connection with the management of undertakings having a beneficent object, but requiring more time and personal supervision than he can by any possibility give to them. Consequently, there is a danger of his name being regarded as a guarantee of good management, and so taken for more than it is worth; but this would be very unfair to him. He is in sympathy with the object, and pressure from friends induces him either to become a director, or in some other way to become associated with the management of a concern; and the public should understand that with his multifarious engagements it is impossible for him to bestow the time and attention requisite to become personally responsible for its management, and they should regard him under such circumstances as a benevolent patron rather than an active director.

In December, 1868, Mr. Morley was returned to Parliament for Bristol; and he was re-elected in 1874. In the House of Commons he occupies a commanding position upon commercial and trading topics. He is a Justice of the Peace for Middlesex, and a Commissioner of Lieutenancy for London. He was one of the representatives of the City of London on the first London School Board. As a politician, Mr. Morley is an advanced Liberal—a Christian-Radical; but social legislation commands his most active sympathies.

In the new Parliament we hope he will have wider scope and greater opportunities for assisting in the practical solution of some of those questions which John Stuart Mill once declared the House of Commons hesitated to touch "even with the tips of its fingers." These topics, fraught with the happiness or misery of millions, while they *claim* the attention of Parliament generally, *demand* that of the Christian legislator.

KILLING BY INCHES.

If a man suddenly commits a brutal murder, society is horrified, and demands that he shall suffer condign punishment for his crime. Still, it is extraordinary how many cases of what can be called nothing less than slow murder occur around us almost daily, without exciting the slightest astonishment and alarm. It is a mistake to imagine that our criminal code takes due cognisance of every method of sacrificing human life, as it can be shown that it can be done effectually without bringing the offenders under the lash of the law. The degree of crime seems to be measured by the rapidity of execution. If done suddenly it is called murder, or manslaughter, and punished accordingly; but if done more slowly, but not less cruelly, the guilty party may probably count on the sympathy and condolence of friends. The species of culpable homicide which so seldom meets with the punishment it deserves is the wholesale manslaughter of children, through parental neglect or ignorance.

The frightful infantile mortality amongst the poorer classes in some districts betokens something radically wrong, which requires immediate attention. The fact that one-half of the children born are buried before they attain the age of five years, should be sufficient to arouse the energies of all thoughtful people, and it is now forcing itself on their attention. Some one is responsible for all preventible disease, and these should not be allowed to escape from their culpability. A long and intimate acquaintance with the working classes has convinced us that Intemperance is the foul fiend who proves himself the great destroyer not only of domestic happiness, but of human life. It is like placing pearls before swine to put some people into good houses, built with every regard to sanitary requirements; the results will be unsatisfactory, and, if allowed, they will soon reduce them to the condition of the wretched hovels which seem to be their natural habitat. The most healthy

houses cannot save the intemperate or unclean from the effects of their own folly and neglect. The social habits of the people have quite as much to do with the preservation of health as the construction of houses.

A few weeks ago we saw a drunken mother crawling upstairs on all fours to the bedside of her poor neglected and dying child, who did not survive many hours after, but would probably have now been living had it received proper attention. Within a few yards of the same house, a mother and three children were laid down at one time with fever; the father came home drunk almost every night, and never troubled himself as to whether his family were living or not. They would probably not have survived but for the attention of kind neighbours. In the same street a child suffering from scarlet fever was allowed to go about amongst hundreds of other children till within a few hours of his decease. Two children died in a room of the next house, the windows of which had not been opened for months.

Many other instances could be cited of the reckless culpability of parents, which proved quite as effective as the Spartan or Chinese method of getting rid of offspring. We certainly think it is high time our legislators devoted their attention to those who are responsible for preventible deaths, and who, though able, neglect, through drunkenness or otherwise, to provide proper sustenance for their children, and are guilty of manslaughter, though they adopt a tardy and safe, but not less sure, method of killing by inches.

SHALL WE SMOKE?

I FEEL I am addressing the minority; I know that a man who does not smoke is quite an exception, nor is the non-smoking youth much more common; the English lady has not yet learned to enjoy the luxury, and I trust that she never will. No doubt the use of tobacco is rapidly on the increase, and its supposed virtues are told in the windows of the tobacconists' shops in words like these—

> "A cigar is good to aid reflection,
> It's also good to chase dejection;
> It brightens wit, assists a joke,
> And makes our troubles end in smoke."

I must admit that these are very pleasant-sounding words; but they are nevertheless deceptive, despite their seeming beauty. Of course, deceit and evil clothe themselves in the shapes and the appearances of truth and goodness, and thus they deceive the credulous. The prevalence of smoking does not prove it to be right; and I trust that some who may read these lines may be amongst those who have not begun to waste the health and the strengh of life by indulging in this disgusting weed, some who have not yet undermined a good constitution by *this* excess, or, if they have commenced this habit of smoking, I hope they may be ready to reason, and to act manly, and rid themselves of the foolish notion, which is contrary to the dictates of reason. "Righteousness exalteth a nation." Man stands apart from the whole animal creation in his depravities, as well as in his intellectual and his moral powers.

That the human nerves may by use learn to tolerate this poison I do not dispute; but did not the first pipe of tobacco tell you plainly, in language which you felt, that it is quite unsuitable for a human being? Nature adapts itself to bad conditions as well as it can; and thus you were enabled in time to smoke pipe after pipe without apparent inconvenience, but are we to infer from this that man may indulge in excesses and still stand clear of self-destruction or self-injury? I cannot but think that these unnatural enjoyments must in a greater or a less degree shorten life, and thwart its usefulness and its happiness. At any rate smoking is a waste of life, it is unnecessary, and the toil, and the labour, and the expense necessary to produce the luxury must be great; would it not be better if we had endeavoured to raise instead healthy food—something which is an actual necessity of human life? Strong men, wise men, lived out their lives healthily, happily, and thoughtfully, without the aid of tobacco. Can we realise Moses the lawgiver smoking a pipe of tobacco? or the great teacher of morality, St. Paul, smoking a prime Havannah? No! yet we see men possessing all earth's blessings, still not happy unless employed in puffing away their brains, and poisoning the air around them. One often wonders that smokers do not think of the inconvenience they inflict on others, but it seems that selfishness is quite a natural consequence of the use of tobacco. A smoker will carry his disgusting odour into any company, light his cigar or his pipe in a non-smoking railway carriage, and shows himself to be entirely callous to the rights of others; and if a word be spoken, and the smoker puts out his pipe, it is generally with a rude, insulting remark.

Some pretend to indulge in a smoke to soothe their nerves. Rest and a proper and a natural mode of living is the best and the only safe remedy for the exhausted nervous system. Tobacco adds no potential strength to the brain; at the best it is only a spur, but this is destructive work, and not constructive; it is like living on the capital when the interest ought to be sufficient. Man wants to do so much now in a short time; and of his own free will he places his body in an abnormal condition; his brain is perpetually throbbing with thought, while his body is sometimes wasting away for want of exercise. If a man feel languid, dull-spirited, enfeebled, it is because his energies have been overtasked. In such cases the remedy is rest, and not further excitement. In short, we have to learn to be moderate in all our doings, and to "run with *patience* the race that is set before us." R. SHIPMAN.

IMPERFECT FOOD AND FEEDING.

BY R. CLARK NEWTON, L.M., C.M., M.R.C.S.E.

[FROM THE *Newcastle Weekly Chronicle.*]

THE Italian Minister of Commerce and Agriculture reports that no less than ninety-seven thousand Italians are at present dying from a disease called pellagra, said to have been produced by the almost exclusive use of maize. The report states the number of victims as representing 3.62 per 1,000 of the whole population of the Peninsula, or 0.20 per 1,000 more than the worst cholera epidemic that ever swept over France. The magnitude and serious national importance of the scourge are therefore apparent. The disease appears to be cruelly slow in slaying its victims, and usually lasts for some years. The symptoms embrace all those common to slow starvation—pain in the stomach, great physical prostration, wild, wandering eye, and general emaciation. The mental condition

especially suffers, varying in the course of the disease from loquacity to stupidity and imbecility, with occasional homicidal or suicidal tendencies. Though the disease usually runs a slow course, yet in this case, as in all cases of under or improper feeding, the state of the system is one inviting the inroad of other maladies, more especially typhoid fever and congestions of the lungs or other organs. The Italian labourer is very poor, and during the best of times can ill afford a good and liberal diet, and in addition his home is usually unsanitary and devoid of al comfort. Therefore, so far as the work of the Investigating Committee appointed to report upon the subject is concerned, no good or practical service will be rendered unless some means are suggested of improving the sanitary condition of the dwellings of the working classes, and of enabling them to procure a more varied and wholesome diet.

The chief cause of this wide-spread Italian disease is no doubt correctly attributed to the too exclusive use of maize. Macaroni was for long to the Italian what the potato is now to the Irish, and it served all the purposes of a national diet. It is prepared from a coarse kind of wheat, but in a manner calculated to diminish the quantity or proportion of contained starch, and enhance the amount of nitrogen. The partial separation of the starch not only improves the nutrient qualities of the grain, but renders it less liable or prone to decomposition when kept for a length of time. Now, maize of an inferior quality has for some time been cheaper than wheat; therefore the poor of Italy have turned to it as a food; but being particularly rich in carbon or starch, and deficient in nitrogen, it follows that its exclusive or too long employment as a food would be attended by such a disease as pellagra.

The medical history of several other nations has from time to time afforded examples of their health—nay, very existence—being dependent upon a food supply of proper quantity and quality. Ireland especially has been unfortunate in this respect. Her sanitary arrangements are now, and have always been, neglected; and it followed therefore that, when the famines of 1817 and 1847 overtook that country, widespread and most disastrous epidemics resulted. Usually starvation or deprivation from food ends in a febrile condition of the system which is apt to be at length associated with typhus fever. In Ireland this so-called "famine fever" became contagious, and not only did it devastate that country, but it found means of being conveyed to some parts of England and other countries.

Few statesmen would think of consulting a medical authority as to the origin of a nation's or district's defiance of law, general discontent, covert or open rebellion, yet in many cases he would ascribe the cause to deficient diet. It is persistently overlooked that the effects of famine are markedly mental as well as corporeal—famine is often the exciting cause of the most hideous crimes, selfishness and mental disquietude, and the origin of war against all constituted authority. Acting on this view, our Government would probably soon overcome many of their Irish difficulties if means were devised of improving the material condition of the inhabitants, and so enabling them to maintain a more regular food supply or a more liberal and varied diet. In the same way we may ask, had the Parisian Communists been well fed, would they have madly destroyed the Tuileries or the Vendome Column, both of which every Frenchman loved so well? And it is certain that, had the siege of Paris lasted for another week or two, the city would have been one huge lunatic asylum. Florence and Athens, too, have been visited by famine, and one shudders on reading how their inhabitants gave themselves over during its continuance to cruelty, crime, and violence. The medical man also attributes to deficient diet the celebrated witchcraft epidemic of the sixteenth century. This had its origin amongst the nuns of a convent in Flanders, appearing soon after the termination of the fasting season of Lent.

At a time like the present, when, notwithstanding a certain revival of commercial prosperity, poverty and pauperism are still widely spread, we may refer to a recent article in the *Lancet* upon the subject of "Economic Dietaries." The writer points out that "there are two items in every household which, during the present period, might well be made use of—the bones and the dripping." "Dripping is a mixture of the melted fat and some of the juice of the meat extracted from joints roasted before the fire. It is a valuable food, since, in addition to a large quantity of carbon, it contains some of the nitrogenous substance of the meat." "Mixed with flour it makes an excellent and nutritious crust, and as such would be highly valued by the poor, especially children. Bones of large joints and other articles could be put to good service at the present time." "Broken into small pieces these bones would go far towards making excellent soups, especially as it rarely happens all the meat has been closely cut from them. Bones, though usually accounted unprofitable, must not be accounted altogether a loss, as when properly treated they can be made to yield a large quantity of nutritive material. According to Dr. Edward Smith, shin-bones of beef, after boiling for nine hours, lose 19 per cent. of weight, and yield 817 grains of carbon and 28 grains of nitrogen for each pound, as compared with a pound of lean beef, which gives 1,024 grains of carbon and 160 grains of nitrogen. Bones, therefore, are proportionately deficient in nitrogen, hence their nutrient inferiority to meat, and owing to the nitrogen being present in the form of gelatine instead of albumen. But they are extremely useful for making economical soups, with lentil flour or oatmeal, which supplies the deficient nitrogenous substance; they serve to give the animal flavour which renders such soup palatable, and as they yield some fat they enhance the digestibility of the lentil flour or oatmeal. To get the full value out of bones, they should be broken into small pieces, roughly bruised, placed in an earthenware pot, covered with hot water, the lid of the pot luted on with paste, and the whole placed in an oven for twenty-four hours. The stock, thickened with oatmeal, and flavoured with onions, &c., makes a highly nutritious and palatable dish at an extremely low cost."

The individual and the combined relative values of different articles of food are of the highest importance from an economical point of view, and it must be remembered that to attempt to feed any class of persons upon this "stock" prepared from bones, without the addition of the lentil or oatmeal, would be to repeat the error once committed in France. It was supposed that as bones were cheap, and when boiled were rich in gelatine, that here was an inexpensive food for prisoners or other classes maintained at the public expense. The experiment was tried, and only abandoned after the deaths from starvation of many poor victims. This experience alone should have been enough for ever to demonstrate that contrary to general opinion gelatine is not, when given alone, a nutritious food. Yet we are daily wearied by hearing the nourishing powers of isinglass and gelatine extolled. In the same way the infant and invalid are often exclusively plied with starch in the shape of arrowroot, thus committing upon a small scale the error of the Italian peasantry, who have attempted to live almost entirely upon pure starch in the form of maize.

WHAT TO DO IN CASE OF FIRE.

THE loose garments worn by women and children expose them to especial danger from fire. If the fire starts from the bottom of the dress, the natural upward tendency of the flame soon envelops the whole person, unless by self-control and presence of mind the necessary care be taken by the sufferer, or some one near, without a moment's hesitation. To obey the first impulse and open the doors and rush out is sure destruction. The only safety is to fall down instantly on the floor, and roll over on to the fire, snatching a woollen shawl or rug, if near, to wrap round the body. One is comparatively safe by rolling over and over, for the flames will not rise to the face, and the lungs and breathing will be less likely to be injured. Those who may be in the room, or may come in, have their work plainly before them. Keep doors and windows closed; snatch the first woollen thing to be found—a table-cover—without shinking of the works of art on it. Pull it off! Who cares where the *bric-a-brac* rolls to? It is a human life in danger. Or snatch a woollen shawl from a chair, a curtain or a rug, anything but that one human form is valueless. Wrap the sufferer instantly into something that is woollen—the coat from your back if nothing else offers—and thus closely wrapped roll her on the floor in the folds. Scores of lives have been saved in this way, scores lost for want of such immediate action. In case the house is on fire there should be one "captain," if possible, who can lead the less self-possessed out of the burning building. Every door, window, or aperture, through which air can find entrance should be closely shut, except during egress. There are always eight or ten inches of pure air close to the floor, and if one cannot walk erect through the smoke, he should, as soon as enveloped in some woollen article, drop on the floor on the hands and knees and crawl out. A silk handkerchief, or a piece of flannel or woollen stocking, wet and put over the face, will enable one to breathe in dense smoke.—MRS. H. W. BEECHER.

RUGS AND MATS.

By Florence H. Birney.

There is something very alluring in the occupation of fancy work; and it is frequently the case that, in the excessive devotion to it shown by some women, other and more necessary work is neglected. The old adage of "a stitch in time" is ignored or forgotten in the delight of fashioning shaving-cases, hair receivers, and the hundred and one little knick-knacks which can be made of worsted, perforated board, beads, and ribbon. And thus it happens that the pile of mending in the work-basket grows higher and higher every week, until it is almost a bugbear, and the family are grumbling over buttonless shirts and ragged stockings. It takes an unusual power of self-denial to put away the pretty fancy things, and bend over the tedious work of repairing frayed shirt-bands, and darning the inevitable holes which seem to delight in making their appearance in the socks and stockings week after week. Blessed is the woman who has an old-maid sister, or aunt, or energetic grandmother, who delights in "keeping the mending under." In a large family the weekly mending is a day's hard, unremitting work, and if put by week after week, while the wife and mother is ensnared by the charms of fancy work, will become a formidable undertaking, of which she can never think without a sigh. Unwelcome memories of neglected garments will haunt her otherwise peaceful hours. For these reasons the busy housekeeper should let fancy work severely alone; but the woman on whose hands time hangs heavily without employment can find in it recreation and interest.

Bed-rooms adorned with splint baskets of ferns, hair receivers, match safes, hairpin holders, and other fancy articles made of beads, worsted, and splints, look pretty and tasteful, and evince the skill of the housekeeper. But there are other kinds of fancy work, which are, perhaps, more useful if not so ornamental. I refer to rugs and mats, without which, no house, in city or country, can be complete.

I saw, while on a visit to a friend a short time since, a mat which was both useful and ornamental, for the floor. It was made on a foundation of white, a circular piece about forty inches across; in the centre was a small round piece of black broadcloth, two inches across; on this was another piece smaller, of scarlet, and above that a still smaller one of green. Surrounding this centre-piece were six round pieces of the same kind, black the foundation of all, but the other pieces of various colours, all touching the centre-piece; around these were more circles, until the whole rug was covered, save the small triangular openings between the circles.

Another rug, made in the same way, had the smaller pieces of red in different shades. The foundation was of Canton flannel, the border of black cloth pinked on the edge, and the lining was of coarse sacking.

My friend had made herself, also, a cover for her piano stool, of black broadcloth foundation, covered with red circles of different shades and the border of black ribbon plaited on.

I once made a braided mat, after a pattern given me by an old lady, whose slender fingers were never idle. It was of black, grey, red, and green cloth, each colour braided separately, and then joined by sewing with stout cotton. It was a rug which lasted a long time, though not remarkable for beauty.

Mrs. S. is famous for new ideas in useful fancy work. When I was last at her house she showed me several things which I will endeavour to describe for the benefit of sister workers in the field. One article was a mat made of narrow bias strips of delaine, with a thread run through the centre and thus drawn tightly. Perhaps it would be better to say a cord, for, in order that it shall not break easily, and thus spoil the appearance of the whole rug, it must be very strong. These bias strips were fastened on a very stiff foundation. It was pretty, but a great deal of work.

She had accomplished another rug, on which she had worked every spare minute she could snatch for nearly six weeks, and it was beautiful, but showed the labour which it had cost. It was of ravelled tapestry carpet, knitted on a foundation of white. A ravelled thread was laid between the needle at each stitch. It is nice work to take up when one must talk to company, or sit by the centre table in the evening.

Very handsome rugs can be made of burlap canvas, at small cost. The piece of canvas must be fastened to a stout frame of the desired size for the rug, and then narrow strips of red, green, and grey flannel can be "drawn in," in any pattern desired. The border should be of solid colour —grey is the prettiest, and is a neat finish. Loops must be left on the surface, and the whole carefully trimmed off when the pattern is complete.

If one wishes to have a more expensive rug, and purchases the material, Turkish towelling will be found capable of great ornamentation. Pieces of cloth or velvet can be cut into leaves and flowers and stitched on with coarse silk of a contrasting colour. Some cut the flowers and leaves from cretonne and stitch them on. It is not best to cut each leaf separately, for the effect is better if a large cluster is laid on and veins made in the leaves of bright, heavy silk.

Unbleached cotton makes an excellent foundation for rugs, looking well when combined with the scarlet and green of the flowers and leaves cut from flannel. Veins can be worked in the leaves with black silk, and the effect is very pretty. Of course all these rugs require a heavy lining.

Coffee sack crash makes durable rugs, which, if worked in scarlet, will stand many washings before looking shabby. It should be ravelled two or three inches deep, if fringe is wanted, and worked with Berlin wool in any pattern which the maker likes, the stitch being the same as is used on common canvas.

At Mrs. S.'s I saw a novel work-basket crocheted of coarse knitting-cotton. It was shaped upon an earthern baking dish, starched stiff, stretched over the dish and put in the oven until baked hard. It will come out perfectly moulded, and can then be varnished with shellac. Of course the closer the crochet work the better, and bows of bright ribbon give a pretty effect. This is a good way to make covers which go upon dishes that must be carried from the oven to the table. They are frequently burnt and unsightly, but a neat white or varnished cover of this sort will conceal all defects caused by the oven.—*American Cultivator.*

SOMEBODY'S MOTHER.

It would be a happy thing if all children were as thoughtful in their manner towards the wretched as the group in the recent street incident, which the *Detroit Free Press* describes with such pathos. There is hope for the fallen so long as love is left and human hearts do not forget kindness:—

"Such wild eyes! Such matted hair! Such strange thoughts came to her brain as she staggered along the street! A drunken man is an object of pity—a drunken woman is a terrible sight. She loses every good emotion, every womanly feeling, and her eyes look so much like the eyes of a mad wolf, that passers give her the walk and shudder as they meet her. The woman muttered her wild thoughts as she staggered along, and she clutched the air as if she saw enemies on every side. By-and-by she fell down beside the fence, groaned, and mumbled, and muttered, and then ceased further efforts to retain her feet. Children gathered around her, not to torment her, not to make sport of her condition, but to feel awed and mystified at the shocking sight. They were like shadows dancing before her blurred vision, and she held out her arms and muttered—

"You wouldn't hurt an old woman, would you?"

"I wouldn't dare hurt you," replied a lad of eight or nine. "You are somebody's mother—you may have a boy just as big as me."

"Mother—boy!" she muttered, trying to steady her gaze. "So I have got a boy—so I have!"

"And won't he be afraid when the dark comes?" innocently asked the lad.

His words seemed to touch a chord in her heart. She drew herself up, reached out a trembling hand to the children, and there were tears in her eyes as she whispered—

"I'd forgotten that I had a boy. He will be waiting at the gate. I'm going right home."

Her step was still unsteady, but she did not fall again; and as her form was lost in the twilight the children sat on the grass and whispered to each other—

"What will her boy say?"

Good service is prompt service. It ceases to be a favour when he upon whom the service is conferred has lost in patience and hope deferred what he might have bestowed in love and gratitude.—*W. G. Simms.*

SANITARY IMPROVEMENTS IN TOWNS.

HEALTH—that great blessing which gives elasticity and vigour both to mind and body, which creates in us the energy to labour, and enables us to enjoy repose when labour is done—is not an essence parcelled out to man at his birth in equal quantity and quality, to be borne by him through life as a gift of fate, but it is a quality which he is by an all-wise Creator permitted to have great control over. *Fresh air and water are given to him* by these agents, and the power of intellect directed to the study of their uses, he obtains *ventilation and cleanliness*, in which two words the whole secret of *public health* is contained. I say *public* health, meaning the health of the great mass of any community, for of those afflictions laid upon individuals for some wise though unseen purpose which man cannot curb I do not speak, nor of the disease of individuals caused by their disobedience of nature's laws, but of that common health which may be enjoyed by the inhabitants of any town generally, if care of the general welfare be taken. Of these two elements in the sanitary condition of a town—*ventilation and cleanliness*—cleanliness perhaps ranks first, for pure air and dirtiness cannot co-exist. What must be the result of drawing air for the purpose of ventilation from foul sources? Why, drawing malaria from the outside to the inside of the house.

The first operation towards improvement in a town ought to be directed towards an efficient drainage and sewerage. Every particle of refuse should be taken away towards a well-chosen outfall, with regular and certain flow through smooth and water-tight and airtight channels of proper dimensions and form. The writer can instance many cases within his own experience where the character of a neighbourhood for health has been completely and almost immediately changed by the administration of a proper and efficient mode of drainage.

We must provide the means of *health*, for without health the dwellers in great houses, although "adorned with Pantillic marble and fine gold," cannot enjoy their beauty; and the true meaning of the word *improvement* is this provision. Straight, wide streets, good pavements, the absence of smoke, open spaces for exercise, and baths for ablution, all tend towards this end. Upon the ornamental decoration and architectural embellishments of the streets and buildings of the town, it is not my purpose here to dwell. As a man becomes civilised the love of the beautiful arises his eye requires to be pleased as well as his mere physical necessities provided for, and from this faculty of our nature the fine arts must result—but the fine arts must *follow*, they must not lead.

The Egyptians four thousand years ago provided drains to lead refuse away from the vicinity of their habitations. The magnificent works of the Romans, both in Rome herself and throughout her dependencies, show the vast sums of money and the amount of thought they must have expended to maintain health and cleanliness.

In Great Britain we find a chapter of Magna Charta to protect public drainage against encroachments.

Henry III. used to visit in person embankments and watercourses to see the laws carried out. Indeed, all our rulers up to Henry VIII. gave serious and frequent thought to such measures, and the earliest fundamental provisions were based upon the footing that drainage works, as well as measures for the maintenance of the free flow of running waters, were of general public and national rather than exclusively local consideration; and there can be no doubt that it is the duty of the Government by proper and effective superintendence to ensure proper attention to works of drainage. Whether the works shall be under the immediate management of the direct or indirect representatives of the people, is a matter of little consequence, and is fairly open to question; but no one can doubt that whoever is in power to construct works essential to the public safety should be compelled to construct them, and that competent and responsible officers should be appointed to see that this evident duty is efficiently performed.

The improvement of public communications of a town, by the widening of narrow streets, the formation, when required, of new streets, well arranged and spacious, a better and cleaner construction of roadways of the public streets, the more efficient consumption of smoke arising from manufactories and furnaces, the promotion of such works as public walks and gardens, model lodging-houses, and cottage dwellings, public baths and wash-houses, are some of the objects to which the attention of many local Governments might very properly be directed—they are most important.

THOMAS PEARSON.

TRUST.

BY JOHN G. WHITTIER.

A PICTURE memory brings to me;
I look across the years, and see
Myself beside my mother's knee.

I feel her gentle hand restrain
My selfish moods, and know again
A child's blind sense of wrong and pain.

But wiser now, a man gray grown,
My childhood's needs are better known.
My mother's chastening love I own.

Gray grown, but in our Father's sight
A child still groping for the light
To read His works and ways aright.

I bow myself beneath His hand;
That pain itself for good was planned.
I trust, but cannot understand.

I fondly dream it needs must be
That, as my mother dealt with me,
So with His children dealeth He.

I wait, and trust the end will prove
That here and there, below, above,
The chastening heals, the pain is love.

Youth's Companion.

A SNEEZING SONG.

THE bood is beabig brighdly, love,
The sdars are shidig, too;
While I ab gazig dreabily
Add thigkig, love, of you!
You caddot, oh, you caddot kdow,
By darlig, how I biss you—
(Oh, whadt a fearful cold I've got—
Ck-*tish*-u! Ck-ck *tish*-u!)

I'b sittig id the arbor, love,
Where you sat by by side,
Whed od that calb, autubdal dight
You said you'd be by bride,
Oh, for wad bobedt to caress
Add tederly to kiss you;
Budt do! we're beddy biles apart—
(Ho-*rash*-o! Ck-ck-*tish*-u!)

This charbig evedig brigs to bide
The tibe whed first we bet;
It seebs budt odly yesterday,
I thigk I see you yet,
Oh, tell be, ab I sdill your owd?
By hopes oh, do dot dash theb!
(Codfoud by cold, tis gettig worse—
(Ck-*tish*-u! Ck-ck-*thrash*-eb!)

Good bye, by darlig Bary Jade,
The bid-dight hour is dear,
Add it is hardly wise, by love
For be to liwger here;
The heavy dews are fallig fast,
A fod good dight I wish you;
(Ho-*rash*-o!—there it is agaid—
Ck-*thrash* ub! Ck-ck-*tish*-u!)

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: APRIL 3rd, 1880.

NATIONAL THRIFT.

THE Conference which met so lately to consider this important subject was convened at an unfortunate time, as it was not anticipated when arrangements for holding it were made that a General Election would so soon take place. The excitement of that Election has of course absorbed the interest of all other topics. The subject which the Conference was intended to promote will, however, survive, as it is second to no social question, and it is felt to be so by many of the most enlightened men in all classes of the community. It is felt that unless a check can be put upon waste and extravagance, that national decay and ruin must ensue. The teachings of history are emphatic, as the old empires of the world were undermined and ultimately destroyed by the effeminacy which grew out of wealth and luxury. The ruin which in so many individual cases follows spendthrift habits will, in obedience to the same law, fall upon nations whose rulers and whose people disregard a reasonable economy.

This will be admitted by all in the abstract, but admitted truths are not always readily adopted as a rule of conduct. Intemperance, for example, is acknowledged to be a dire and a costly evil, but only a small section in society will undergo the self-denial which is supposed to be required to bring about a remedy; and lavish expenditure will be condemned in the like manner, but men and women, the votaries, or rather the victims of fashion, find excuses in the customs of society, or the conduct of their neighbours and friends, for keeping up a style of living which is fully up to their means, and oftentimes beyond them. A life of anxiety and annoyance has to be endured by a merchant or tradesman, in order that his family may keep a carriage and liveried servants, a box at the opera, dress ostentatiously, or make in due state the autumnal tour. An instance is known to the writer which is full of instruction. A merchant who, besides a house in town, had a suburban residence, with carriages, horses, and a host of servants, lost a large sum of money by unfortunate speculations, and the only chance of retrieving his broken fortunes, and retaining his reputation lay in retrenchment, and that on a large scale. He was a man of energy, courage, and self-reliance, and such men are seldom without resources in the hour of trial. He spent some nights at his office, ascertaining by rigid examination the amount of his losses, and in preparing a balance-sheet which showed exactly the state of his affairs. He was satisfied that it was possible to keep above disaster by asking from his leading creditors no more indulgence than an extension of time for the payment of his debts in full; and as he had always borne a high character for integrity, he felt no dismay. The difficulty was with his family, who had been brought up in luxury, and who had never had a wish ungratified. Even this must be encountered, and he lost no time in making known at home the circumstances under which he was placed. It was serious enough, all the more so as the family had glided on in unbroken prosperity, like persons sailing on a smooth river, without any forethought that there might be rapids ahead, and discovering their close neighbourhood to them only by the angry roar of the water amidst the rocks. They, however, assented to the prudence of retrenchment, and expressed their willingness to forego for a few years some of the accustomed luxuries. In the abstract the proposition was assented to, but when they were invited to go into particulars there were the strongest objections to giving up carriages, dinner-parties, cellar of wine, &c. He found what so many have found, that the greatest despotism under which a family can live is that of established customs, and that the opinion of the world outside has to be regarded in all the arrangements of the life and of the home. The chains by which he was bound were stronger than chains of iron.

He was a man of determination, and had the courage to face the frown of the world and the finger of scorn, but he had not the courage to face the Bankruptcy Court, nor had he the dexterity, by means of a solicitor and accountant, to clear off his obligations by the payment of a few shillings in the pound. After a few days he announced to his family that as no agreement could be reached among them where retrenchment should begin, he, after serious reflection, had resolved upon a course of action, and that his carriages must be given up, his servants reduced in number, and his wine-cellar must be sold; in fact, instead of living at the rate of ten thousand a year they must live upon one thousand, until he had regained his position. In a few years his debts were cleared, but the lesson he had learned was sufficient, and he never went back to the slavery of style from which he had escaped. He had learned to live for himself, and not for others.

There is much that is valuable in such a history. It shows what bondage a life of luxury really is, and what a man of courage and prudence can do, when he places his character

above all price, and is determined to maintain it at every possible sacrifice. If this sense of honour was common, there would not be much trouble about the framing of a bankruptcy law, and the profession of the accountant would be much less lucrative than it is at present. A higher commercial morality cannot be enforced by law; it must spring from a higher sense of right and duty among the people.

Another lesson is taught by the example cited above. The merchant mentioned learned in the hour of his misfortune that he had been living to the very extent of his income, and indeed upon anticipatory gains. This is the case with thousands engaged in trade, and hence the widespread ruin which follows every depression in trade—hence the bills of sale, the bankruptcies, the insolvencies, and the arrangements with creditors, which are never heard of outside a small circle—hence the breaches of trust, the malversations, the artifices and frauds which create alarm among right-thinking men as to the character of our commercial classes. It is easy to speak of the improvidence of the classes who live by manual labour, but extravagance and improvidence are the vices of all classes, and the labours of those who met at the Mansion House must be directed, not against any one class, but against all who, by thriftless and careless habits, are weakening their own position, impoverishing themselves, and tending to the impoverishment of the nation. There are indissoluble ties which bind all classes of society together, and the richer owe to the poorer great consideration, and not only so, but they owe them the benefit of a better example. Dives and Lazarus, whatever the distance which separates them now, have to meet together at the last, and before a judgment seat inflexibly just.

The papers, resolutions, and recommendations submitted to the Conference were judicious, and the speeches were full of sound and practical views. In addition to the measures recommended, we would suggest that steps be taken to teach political economy. There are prejudices against it, because it has been taught in too abstract a form, and the treatises are better suited to the student than to the ordinary reader. There is no reason why an exposition of the laws which govern the acquisition and distribution of wealth should not be made as simple and as interesting as the teachings of any of the sciences. The study is as vital to the best interests of mankind as any other, and a thorough knowledge of it will promote sound legislation, and social welfare and happiness. It lays down no stern rules, but shows that certain actions have a tendency to certain results. In relation to the subject before us, it will, when properly understood, correct many popular and false notions.

For example, there is a common impression that spending money is a good thing in itself, that keeping money in circulation is beneficial, that individual prodigality is a public advantage—and the chances are, if a warehouse is burned to the ground, a vessel lost at sea, or a conservatory blown down, that the greater number of people will decide that it is good for trade. Such are the delusions which have been nursed, and it is always said in excuse for the spendthrift that he injures no one but himself. Now, the truth is—and political economy explains this—that the benefit of money spent depends entirely upon how and what it is spent, that no one is benefited by inevitable loss, or reckless waste, and that the prodigal and spendthrift are simply nuisances. Political economy does not encourage parsimony, or the reverse; it does not undertake to advise: it only makes known the probable, and indeed, certain results of wise labour, prudent expenditure, and judicious saving. The world is beginning to understand that large armaments are oppressive; but by the same rule every expenditure that is useless is a tax upon the community—it takes, to the extent of that expenditure, from the wages fund. It is now understood that there is wisdom in the old sayings, that "Saving is good earning," that a "Penny saved is a penny gained," and that "Waste breeds want."

Political economy will teach much as to the operations of trade, of the causes of alleged over-production, and of the relative value of foreign and home trade; and while all this is important to the statesman who has to provide for the disbursements of governments, it is equally important to the man whose weekly wages have to purchase the necessaries of a home.

CURRENT OPINIONS AND EVENTS.

The liquor trade, by its political action, is evoking considerable discussion. The trade, in its wisdom, has gone Tory; but we think its action is but another illustration of the adage that "those whom the gods wish to destroy, they first deprive of reason." We are not among those who lament this condition of things, but rather regard the attitude of the publicans as an important factor in the settlement of what is undoubtedly a difficult question.

The *Referee* declares that—

"This public-house question is forced upon every thinking man who walks abroad or reads at home. One sees almost every house placarded from roof to basement with Conservative posters, and among them the declarations of the candidates that they will pledge themselves unreservedly to support the drink trade. The publicans have stepped clean away from their position as citizens, to stand or fall as tradesmen with a political party. They themselves, by agreeing to sink all political faith and feeling, and to vote wholly and solely for the drink candidates, openly fling the gauntlet down to the temperance party. It is now a question between drunkenness and sobriety. The Conservative party is pledged body and soul to oppose all reforms, all efforts to cope with the national vice of intemperance. Returned to power it must be a Ministry of all the Vices. That a powerful political party should have sunk so low is a national misfortune."

The *Weekly Dispatch* asserts that—

"In every case in which they use their opportunities to support Tories, not as Tories, but as pledged enemies of licensing reform, they are playing a dangerous game which in the end can hurt none but themselves. It is notorious that many of them are doing this, and, what is worse, that many of the large brewers, distillers, and other merchant princes of 'the trade' are forcing this suicidal policy upon publicans who would be wiser and more honest if they dared. The inevitable result of such proceedings may be delayed, but cannot be very distant. If 'the trade,' for selfish purposes, leagues all its members

against the party of progress, the party of progress, as soon as it has the power, will have no choice but to stamp out 'the trade' as an enemy too dangerous to be tolerated."

The *Daily News* says that—

"The Conservatives, who used to be the farmers' friends, are now the licensed victuallers' friends, and the farmers can tell the licensed victuallers what is the value of this friendship. Nothing has come of it, and nothing will come of it, but broken promises and hopes deferred. The farmers are learning to know their friends by sad experience; and the publicans will show wisdom if they profit by the experience of the farmers, instead of repeating it in their own persons and trade."

The *Echo* thinks—

"There is reason to believe that even the publicans are not unanimous in their determination to vote with the Conservatives. The spokesman of the Birmingham deputation which waited on Mr. Bright on Saturday admitted that there was great difference of opinion amongst the trade in that important constituency, and what is true of Birmingham applies equally to many other places. If the representatives of the beer interest throughout the country are wise, they will ponder over Mr. Bright's speech, and ask themselves whether it is quite so certain, as some of them think, that their wisest course is to do their utmost to secure the defeat of the Liberal party."

But the *Morning Advertiser* does not take that view of the case. In the opinion of the organ of "the trade"—

"The time has not yet come for the licensed victuallers to 'rest and be thankful.' They cannot rest, for they are being continually harassed by attempts at vexatious legislation. Nor have they anything to be thankful for, so far as the Liberals are concerned, for even the last attempt made within their own body to improve their trade was persistently resisted by the most prominent Liberal authorities on licensing questions. As to the question of politics and principle, all the fire and fury and declamation of the Opposition means simply this—the Conservatives are in; we must turn them out. And we say to the trade, 'Refuse to be made the stalking-horse of ambition, however noble and exalted and pure; stand by the men who have helped you; remember the fable of the bundle of faggots; and give your votes to the party which has declined to throw in its lot with your enemies, and is unwilling to climb to political power over the ruin of your trade.'"

The existence of substitutes for butter is well known. The question is an important one, affecting, as it does, the household. The *Daily Chronicle*, in a recent article on "Oleomargarine," one of the imitations, says of it—

"On analysis oleomargarine differs little chemically from butter. As the same may be said of many substances which, though chemically alike, have very different effects upon the human system, we cannot derive much encouragement from that fact. Probably, as long as only the best genuine fat from the prime joints of healthy, well-fed oxen be used in its manufacture, no great harm would ensue from its use. The consumers thereof would be cheated more than poisoned. But suppose that, owing to a temporary deficiency in the supply of the raw material, to a desire to make an extraordinary profit by the use of inferior substances, or to any other unforeseen, unexpected cause, a departure from established usage took place, and other kinds of fat—say pork fat, or the fat of less healthy or even diseased animals, or refuse grease—were used, what then would be the ultimate effect upon the human consumer? Upon this point, as upon all speculative scientific questions, theorists have come to widely divergent conclusions; while some, on the one hand, maintain that the fat of oleomargarine, being virtually in a raw state when offered for human consumption, might be the means of transferring the germs of disease, of morbid secretions, and embryos of parasites, &c., from the animal to the human being, others, with equal confidence, assert that, as in the manufacture it has to be rendered at a heat of 120 degrees Fahrenheit, all living deleterious organisms contained therein must of necessity be destroyed. If the first theory be established, the death-knell of oleomargarine as an article of consumption is sounded. The mere suspicion that pork grease and refuse fat entered into its composition would be fatal to its success as a marketable commodity. If made of the best and choicest fat of a healthy beast, it may not be injurious; nay, it might be even a wholesome addition to human food, and the worst that could be said would be that it was a gross fraud to palm it off—as we fear has too frequently been the case—as butter, and at the price of genuine butter. Should it succeed in establishing itself in the shops of this country, it should never be allowed to pass through the custom-houses of the ports of the United Kingdom, or be offered for sale, unless packed and marked in such a manner as would prevent the humblest customer being deceived as to the nature of the substance he was purchasing. The import last year into the United Kingdom of this substance, in its various forms of "bosch butter," "butterine," "butter grease," and "oleomargarine," was about 162,000 hundredweight, which shows it has already made some progress as an article of commerce. That it may be used fraudulently as a substitute for butter is exceedingly probable, but that it will ever displace the genuine dairy produce on our tables is a prospect we think will never be realised.

SELLING THE FARM.

By Edith Day.

Well, why don't you say it, husband? I know what you want to say;
You want to talk about selling the farm, for the mortgage we cannot pay.
I *know* that we cannot pay it, I have thought of it o'er and o'er;
For the wheat has failed on the corner lot, where wheat never failed before,
And everything here's gone backward since William went off to sea,
To pay the mortgage and save the farm, the homestead for you and me.
I *know* it was best to give it; it was right that the debts be paid—
The debts that our thoughtless Willie in the hours of his weakness made;
And Will would have paid it fairly, you know it as well as I,
If the ship had not gone down that night when no other ship was nigh.
But somehow I didn't quit hoping, and ever I've tried to pray
(But I know if our Will was alive on earth he'd surely been here to-day)—
I thought that the merciful Father would somehow care for the lad,
Because he was trying to better the past, and because he was all we had.
But now I am well-nigh hopeless, since hope for my boy has fled,
For selling the farm means giving him up, and knowing for sure he's dead.
Oh, Thomas! how *can* we leave it, the home we have always known?
We won it away from the forest, and made it so much our own.
First day we kept home together was the day you brought me here;
And no other place in the wide, wide, world will ever be half so dear.
Of course you remember, Thomas—I need not ask you, I know,
For this is the month and this is the day, it was twenty-six years ago,
And don't you remember it, Thomas, the winter the barn was made,
How we were so proud and happy, for all our debts were paid?
The crops were good that summer, and everything worked like a charm,
And we felt so rich and contented to think we had paid for the farm.
And now to think we must leave it, when here I was hoping to die,
It seems as if it was breaking my heart, but the fount of my tears is dry.

There's a man up there in the village that's wanting to buy, you say.
Well, Thomas, he'll have to have it, but why does he come to-day?
But there, it is wrong to grieve you, for you have enough to bear,
And in all of our petty troubles you always have borne your share.
I am but a sorry helpmate since I have so childish grown,
There, there, go on to the village, let me have it out alone.
Poor Thomas, he's growing feeble, he steps so weary and slow,
There is not much in his looks to-day like twenty-six years ago.
But I know that his heart is youthful, as it was when we first were wed,
And his love is as strong as ever for me, and for Willie, our boy that's dead.
Oh, Willie, my baby Willie, I never shall see him more;
I never shall hear his footsteps, as he comes through the open door.
"How are you, dear little mother?" were always the words he'd say;
It seems as if I would give the world to hear it again to-day.
I knew when my boy was coming, be it ever so early or late,
He was always a whistling "Home, Sweet Home," as he opened the garden gate,
And many and many a moment, since the night when the ship went down,
Have I started up at a whistle like his, out there on the road from town;
And in many a night of sorrow, in the silence, early and late,
Have I held my breath at a footstep, that seemed to pause at the gate.
I hope that he cannot see us, wherever his soul may be;
It would grieve him to know the trouble that's come to father and me.
Out there is the tree he planted, the day he was twelve years old;
The sunlight is glinting through it, and turning its leaves to gold.
And often when I was lonely, and no one near at hand,
I have talked to it, hours together—as if it could understand;
And sometimes I used to fancy, whenever I spoke of my boy,
It was waving its leaves together, like clapping its hands for joy.
It may be the man that will own it, that's coming to buy to-day,
Will be chopping it down, or digging it up, and burning it out of the way.
And there are the pansies yonder, and the roses he helped to tend—
Why, every bush on the dear old place is as dear as a tried old friend.
And now we must go and leave them—but there! they have come from town;
I havn't had time to smooth my hair, or even to change my gown.
I can see them both quite plainly, although it is getting late,
And the stranger's whistling "Home, Sweet Home," as he comes up from the gate.
I'll go out into the kitchen now, for I don't want to look on his face.
What right has *he* to be whistling *that*, unless he has bought the place.
Why, can that be Thomas coming? he usually steps so slow;
There's something come into his footstep like twenty-six years ago—
There's something that sounds like gladness, and the man that he used to be,
Before our Willie went out from home, to die on the stormy sea.
What, Thomas! why are you smiling, and holding my hands so tight?
And why don't you tell me quickly—must we go from the farm to-night?
What's that? "You bring me tidings, and tidings of wonderful joy—"
It cannot be very joyous, unless it is news of my boy.
Oh, Thomas! you cannot mean it? Here, let me look in your face.
Now, tell me again it is Willie that's wanting to buy the place.

[From the *Toronto Globe*.]

COFFEE IN TYPHOID FEVER.—Dr. Guillassee, of the French navy, in a recent paper on typhoid fever, says: "Coffee has given us unhoped for satisfaction; after having dispensed it, we find, to our great surprise, that its action is as prompt as it is decisive. No sooner have our patients taken a few tablespoonfuls of it than their features become relaxed and they come to their senses. The next day the improvement is such that we are tempted to look upon coffee as a specific against typhoid fever. Under its influence the stupor is dispelled and the patient rouses from the state of somnolency in which he has been since the invasion of the disease. Soon all the functions take their natural course, and he enters upon convalescence." Dr. Guillassee gives to an adult two or three tablespoonfuls of strong black coffee every two hours, alternated with one or two teaspoonfuls of claret or Burgundy wine. A little lemonade or citrate of magnesia should be taken daily, and after a while quinine. From the fact that malaise and cerebral symptoms appear first the doctor regards typhoid fever as a nervous disease, and the coffee acting on the nerves is peculiarly indicated in the early stages before local complications arise.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

RAIN WATER FOR DOMESTIC USE.

To the Editor of "HOUSE AND HOME."

SIR,

With regard to a paper in a recent number on household water supply as collected from roofs, will you allow me to state my experience? For many years I and my family—residing in the suburbs of a large town in the South of Ireland—had no other water for domestic purposes (exclusive of washing, which was not done at home) but water so collected. Now for the manner in which it was stored. The water used for cooking, drinking, &c., was stored in a large tank or cistern, made of Valentia slate, there being also a couple of water-butts, which received the overflow of the cistern, the water in which served for all the more ordinary purposes; this arrangement preventing any scarcity of water except during a summer of excessive drought. The water saved in the slate cistern was as pure and sparkling as spring water, never required filtration, and never got impure to the sight or unpleasant to the taste, even after lying for weeks without a fresh supply, in dry weather. As I don't remember that we ever had the water analysed, I cannot give you any scientific statement of its condition. I can only give you my experience of it, and that was that it was delicious to the taste, beautiful to look at, the best ever used for all culinary purposes—especially for making tea—and that no one ever suffered in health from using it. Indeed, I have supplied poorer neighbours with it when they had been made ill by drinking water from the pumps in the locality—the soil being limestone—and always with good effect.

Now, at the time I speak of, and, I doubt not, at the present day, these slate cisterns were in general use all over the South of Ireland, and most likely over the whole of Ireland, among householders who could afford the expense of procuring them; and I have never met any one whose experience of their use was different from mine. Before having one of them—at our own expense—we had used a cistern such as the paper in your journal describes, "built of brick, and lined with cement," and were never able to drink the water from it without filtration. Even immediately after a rainfall—the cistern having been cleaned previously—the water was not pleasant to the taste; and when it had rested for some time in dry weather without a fresh supply it was most disagreeable. Since I have lived in England I have been more than once in rural districts where water was extremely scarce in summer. Indeed, several years ago I spent a few weeks in the neighbourhood of a village in the Eastern counties in which there had been an outbreak of cholera from the drinking of bad water. The pumps were mostly dry, and the only other water was that stored in water-butts, which was actually in a state of decomposition—if this be a scientific name for its condition. I asked on that occasion, as I have done before and since, why slate tanks or cisterns were not used, and related my own experience of them. I was met by the objections: First that there was no slate in Great Britain fit for the purpose; and secondly, that *no* slate—I presume from anywhere—would stand the severe frost of an English winter. With regard to the first, not being, as I have said, scientific, I am not prepared to say whether the slate from the Welsh or other slate quarries in Great Britain is or is not of the right sort for making water cisterns. With regard to the latter I can assert that *some* slate will bear the severest frost we ever have in these latitudes. The frosts are not commonly so severe in Ireland as here; but our slate cistern bore several which would have been considered exceptionally severe even here, especially that of 1859-60, during which the river close to our house was nearly frozen over; the cistern being above ground, and wholly unprotected. I must therefore regard this objection as completely futile, even if there were no way of protecting the cistern; but surely it could either be placed under ground, or else enclosed within a wall of brick and cement. As to the other, I leave it to be settled by those learned in the nature of slate; but meantime I may ask—I really do not know—have the Valentia Slate Quarries been exhausted? If not, would it not be worth while for those who can afford such cisterns to have them? They are, or were, rather costly, even in Ireland, and would, no doubt be more expensive here; they could never, therefore, I fear, be used for the dwellings of the poor; but surely those who spare no expense for other sanitary appliances would not grudge the expense necessary for the supply of good water. It seems scarcely necessary to say that the cisterns should be cleaned about once a year—not a great amount of trouble.

ANNA PERRIER.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.
Tennyson.

A king is a thing men have made for their own sakes, for quietness' sake, just as in a family one man is appointed to buy the meat. If every man should buy, or if there were many buyers, they would never agree; one would buy what the other liked not, or what the other had bought before, so there would be a confusion. But that charge being committed to one, he, according to his discretion, pleases all. If they have not what they would have one day, they shall have it the next, or something as good.—*Selden.*

It is known that infants love milk, and that adults are unaccustomed thereto, so that some will not indeed admit but that it does them harm. Wherefore also it is a rule of the physicians that milk is injurious in case of sickness. The reason why it is hurtful, although it is the simplest diet, and above all things free from harm, is that men accustom themselves to drinks for which they have not a taste, especially to malt liquors, hence their stomachs and bowels grow accustomed thereto, as well as the blood, which therefore cannot bear a milk diet.—*Swedenborg Spiritual Diary*, May 26th, 1748.

That vice may be uneasy and even monstrous unto thee, let oft-repeated acts of goodness and long-confirmed habits make virtue natural, or at least a second nature in thee. Dive into thy inclinations, and early discover what nature bids thee to be, or tells thee thou mayst be. They who thus descend into themselves, and cultivate the great seeds which nature hath set in them, prove not shrubs, but cedars, in their generation.—*Sir Thomas Browne.*

We may do a very good action and not be a good man, but we cannot do a very ill one and not be an ill man.—*Jewett.*

A generous man will place the benefits he confers beneath his feet; those he receives, nearest his heart.—*Talleyrand.*

If you wish to appear agreeable in society, you must consent to be taught many things which you know already.—*Talleyrand.*

He who truly wishes the happiness of any one, cannot be long without discovering some mode of contributing to it.—*Brown.*

If a cause be good, the most violent attacks of its enemies will not injure it so much as an injudicious support of its friends.—*Lacon.*

Life is a casket not precious in itself, but valuable in proportion to what fortune, or industry, or virtue has placed within it.—*Landor.*

Proud men never have friends; neither in prosperity, because they know nobody, nor in adversity, because nobody knows them.—*Monteith.*

We make ourselves more injuries than are offered us; they many times pass for wrongs in our own thoughts that were never meant as such.—*Fellthan.*

The utmost excellence at which humanity can arrive, is a constant and determined pursuit of virtue without regard to present dangers and advantages.—*Johnson.*

Every man has in his own life follies enough, in his own mind trouble enough, in his own fortunes evil enough, without being curious after the affairs of others.—*Lacon.*

The occupations of men are, unfortunately, for the most part, such that they shut out all deep thought while they are going on, and yet make no ennobling claim on the mind.—*Humboldt.*

There is no detraction worse than to overpraise a man, for if his work prove short of what report doth speak of him, his own actions are ever giving the lie to his honour.—*Fellthan.*

The sun colours the sky most deeply and most diffusely when he hath sunk below the horizon; and they who never said "How beneficently he shines!" say at last, "How brightly he set!"—*Landor.*

It is a special trick of low cunning to squeeze out knowledge from a modest man, who is eminent in any science, and then to use it as legally acquired, and pass the source in total silence.—*Walpole.*

THE HOUSEWIFE'S CORNER.

SUET PUDDING.

Seed and chop fine one large teacupful of raisins; chop one cupful of suet, having removed all the skin; add a cupful of sour milk, one teaspoonful of soda, a very little salt, three eggs beaten together and enough flour to make a stiff batter. Steam two hours, and eat with fairy butter or wine sauce.

YORKSHIRE MUFFINS.

Muffins are baked on a hot iron plate or griddle, and not in an oven. To four quarts of sifted flour add three-quarters of a pint of yeast, one ounce of fine salt, and as much warm milk as will be sufficient to form a dough of rather a soft consistency; small portions of the dough are then put into holes previously made in a layer of flour about two inches thick, placed on a board, and the whole is then covered up in a blanket and placed in a warm situation in order that the dough may rise; when this is effected they will each present a semi-globular form; they are then to be placed on a heated iron plate and baked; when they are brown on one side they are turned and baked on the other side.

BROWN PAPER AGAINST THE COLD.

The "old woman's" remedy for a "cold on the chest," a sore throat or a bruise, which consisted in an application of brown paper steeped in beer or vinegar, owed its efficacy to the heat-retaining properties of the paper. A wet pad of this material, as far as the surface next the skin was concerned, acted almost as well as a layer of wet linen rag protected with a thick covering of flannel; in short, stout paper of the commonest sort is an effective non-conductor, and may be advantageously employed as a covering for beds or to eke out scanty clothing. A piece of thick paper inserted between the lining and the cloth of a waistcoat, or in the back of a thin coat, will render it warm as well as light. The suggestion is a small one, but it is simple to carry into effect, and will be found effective.

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PORTRAITS.

The following Portraits are in preparation:—

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THE EARL OF DERBY.
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HOUSE AND HOME

A Weekly Journal for all Classes

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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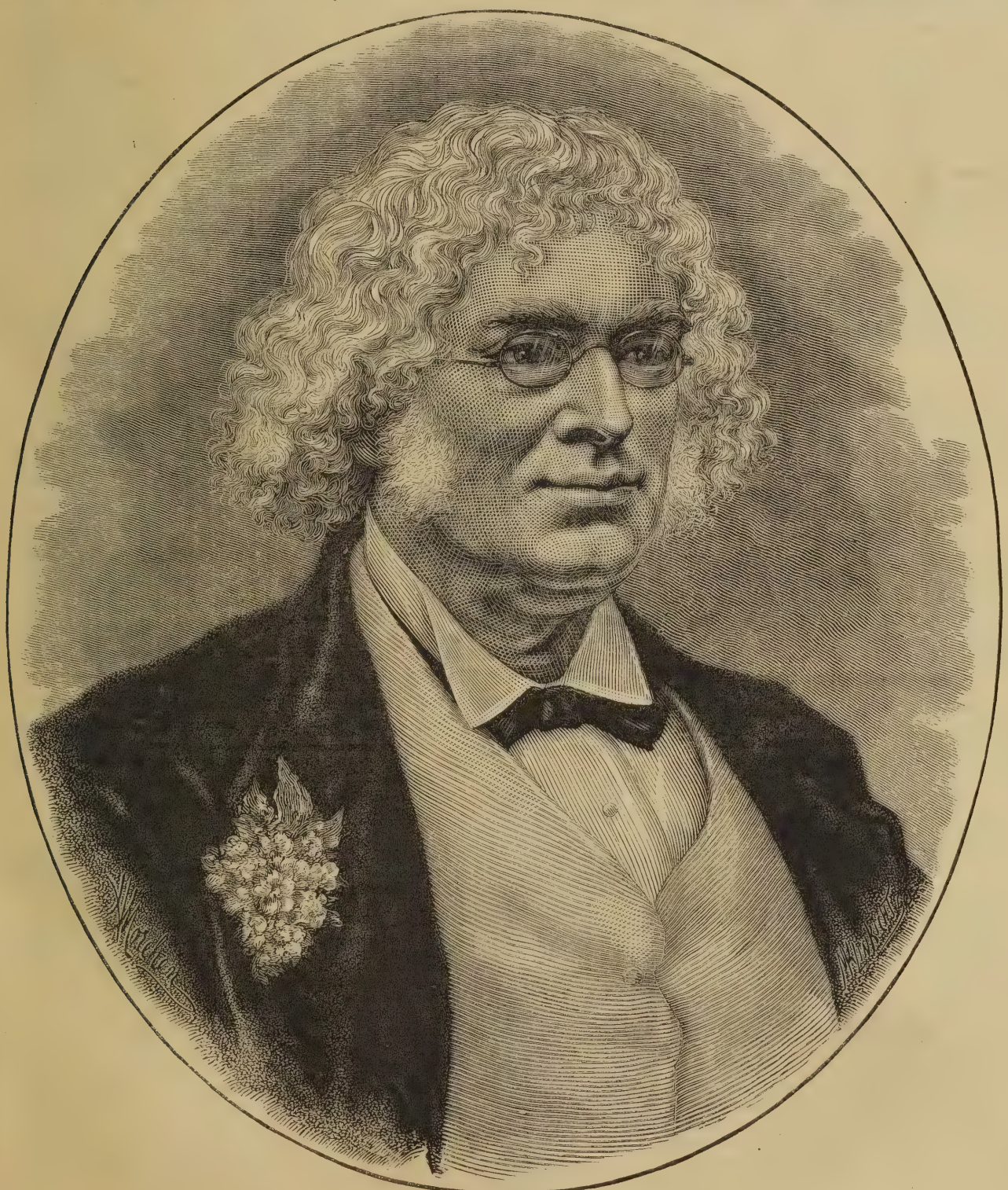

SIR JOHN BENNETT.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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SIR JOHN BENNETT.

THERE are men who have a curious power of fixing public attention upon themselves, and of such we this week present the portrait of one, who is, we think, as well-known in and out of London as any public man of the day. If we may test popularity by the greeting this City knight receives, when he thinks fit to accompany the Lord Mayor's procession, we must hold him to be a favourite with the population of all classes of our great Metropolis. As a lecturer he is everywhere a welcome visitor, and everywhere his quaint turns of expression, his racy wit, and his genial manner of address—based, as all these are, on a thorough grasp of his subjects—command mirth and appreciative applause. He has the public ear, and his appearance on any platform is the signal for instant and friendly recognition from the audience. The facts of Sir John Bennett's career prove him to be one of those men whose energy, indomitable pluck, enduring perseverance, and general mental ability, enable them to command the success that weaker aspirants feebly strive for, and only half obtain. The son of Mr. John Bennett, of Greenwich, who pursued the calling of a watchmaker there, he was destined by his father to a career at the University and in the Church ; but the death of his father entirely frustrated the intended clerical career, and he became the man of business, in the same trade his father pursued. But business only partly occupied his energetic mind, and with his brother, Dr. W. C. Bennett, the well-known poet, and a small number of friends, of similar principles and tastes, he worked hard in his early years to establish the Greenwich Society for the Acquisition and Diffusion of Useful Knowledge, for which he secured the erection of a lecture hall, and reading and class rooms, costing over ten thousand pounds. From Greenwich in a few years he transferred himself to Cheapside, and there established that important business as a watchmaker, which is known wherever the English language is heard. Concurrently with achieving this commercial success he has devoted his time largely to contending for the need of popular education, and in pressing upon our legislators the vital necessity of seeing that our artisans were trained, both by general and special technical instruction, to be able to contend with their Continental and American rivals, for the possession, as manufacturers, of their share of the markets of the world. In addition, he has for some twenty years past been a Common Councilman of London, he has twice served on the London School Board, and has filled the office of Sheriff of London and Middlesex, which secured him his knighthood on the occasion of Her Majesty's visiting St. Paul's to return thanks for the restoration to health of the Prince of Wales. He is in the Lieutenancy of London and Middlesex, and was made by the French Government a Chevalier of the Legion of Honour, in acknowledgment of the excellence of the watches and clocks he showed at the last great French Exhibition. The goodwill of every one will, we know, attend him in future, as it has done in the past.

THE MARCH TO BRENTFORD OF THE LONDON TRAINED-BANDS.

[1642.]

BY DR. W. C. BENNETT.

BESTIR thee, London ; slumber not ; keep watch and ward, good town.
Be wakeful, as at noontide, though the night is darkening down ;
In every home snatch down the pike ; at every gate, set guard ;
And let your trained-bands muster quick, in every swarming ward ;
Mayor, Aldermen, and Sheriffs, haste ; quick gather to the call ;
For never yet was counsel good more needed in Guildhall ;
Each messenger, hot spurring in, to-night brings tidings here
May well make stout hearts hot and bold, and faint ones cold with fear ;
For scouts from the north come in, to our good Mayor, bring word
That but a bare score miles away they've Rupert's trumpets heard,
And many a flier from his march, who here for refuge comes,
Has fled the swifter that he caught the roll of Charles's drums ;
Hour after hour is speeding fast ; near come they and more near ;
With day, if London stay them not, the Tyrant will be here.

In counsel deep sit Alderman and Councillor and Mayor ;
Stout hearts, I trow, and pious souls, and wise grey heads are there ;
Not light and worldly ones are they who sit around the board ;
But grave men who, by word and deed, still seek to serve the Lord ;
Not gay of garb, or worldly fair, whom locks and gew-gaws deck,
But sad-attired and sober-souled, of show who little reck ;
And, as their garb, so is their speech ; not theirs are brawl or worse,
The lewd talk of the dicer, the courtier's gay-laughed curse ;
The weight is laid upon them of their dear souls' precious care,
Of the fear of him who watcheth to take them in his snare ;
Therefore they seek, by watchfulness, spare speech, and guarded thought,
By aid of Him they own their Lord, to act as He has taught.
Therefore, this hour, as evermore, no fear of man they know,
No dread of aught, save but of sin and their souls' ceaseless foe.

Out speaks the Mayor, a stately man, with hair as white as snow,
But age is not in his stout words, nor in his eyes' keen glow,
" Let our trained-bands forth to meet them ; their van is here with day ;
" If London list not to be sacked, its sons their march must stay.
" What though they come with strong array, with trust in horse and sword ?
" Our pikes their hosts shall scatter ; our faith is in the Lord ;
" As David, 'gainst the mighty one, went forth with sling and stone,
" Let our faithful hearts go forth to fight, strong in His strength alone,
" And even as He hath promised to those to Him who pray,
" The Lord shall give them to our hands, to tread down and to slay ;

"Even as to the Amalekites of old did Joshua do,
'So will we smite and spare them not and down their captains hew."
So speaks he, and they hear his words as grateful to the Lord,
And a grim murmur of assent rolls round the council-board.

The chains are loosed from 'cross the street; each western gate's flung wide;
The torrent of stout London's pikes is streaming down Cheapside;
By Paul's dark church, through Temple Bar, past Charing Cross they go;
With Thames' full flood sweeps by the tide, with Thames' unceasing flow;
Through Kensington they sweep right on without or stay or rest;
Towards Brentford on and ever on the trained-bands hurry west;
On, "for the Houses and the cause"—"God with us!" is their cry;
Hour after hour, unpausing still, their even ranks go by,
And ever as their bright pikes pass, stout Skippon's eye, before,
"Pray well, my lads—fight well, my boys!" he utters o'er and o'er;
"Pray with a heart, fight with a heart, for all you hold most dear!
"I will be with you in the fight, as I am with you here;
"Think still you fight for God's own cause—for child and wife you fight!
"Pray heartily! fight heartily! your God will bless the right."

Out, citizen! out, 'prentice, go! shall London sink in flame?
Shall your dear wives and maidens know the wrong men dare not name?
Shall Rupert's brutal sworders all your ways with horrors fill?
Shall fierce and lewd ones crowd your homes to plunder, shame, and kill?
Better, upon a bloody field, to conquer or to fall,
Than see your shrieking hearths the prey of bullies of Whitehall;
Better, in death, for stainless homes, lie stiff and stark and cold
Than live your children's shrieks to hear, the moanings of your old;
Better, a thousand times, to lie in free and honoured graves
Than, gagged by Straffords and by Lauds, to breathe the breath of slaves;
Better, on high, through martyrdom, to seek and serve the Lord,
Than know the woes, dealt to the saints, by Bishops and the sword;
For Law, for God, for Right, for Truth, the Houses and the Word,
Forth in the might of prayer and praise! the Lord your cry hath heard.

Out, through the drear October morn, slow brightening on to grey—
Out, through the noon's dim brightness, on, through the dark close of day;
With steps, as firm as their stout hearts, sweep by their flashing files;
Towards the foe they stoutly go, with hummed hymns and grim smiles;
By barricades, to bar the streets, should there the fight be fought,
By fort and trench, where tender hands, women's and babes', have wrought,
By farms, sad in the autumn sun, where trembling weak ones stand,
Listening in fear for Rupert's horse, the scourges of our land,
Through villages, whose full-thronged streets are filled with fearful prayer
For them and the Good Cause for which they go the foe to dare,
With the fierce blare of trumpets, the thunder-roll of drums,
Let Essex hear how to his aid the might of London comes;
Never, when faith and freedom called, was the good City slack;
Never, when wrong was to be fought, held the good City back;
To-day, once more ranked for the right, its foes its strength shall see,
And, from their face the Tyrant, foiled, with all his hosts shall flee.

From *Contributions to a Ballad History of England.*

MAN.

See him from nature rising slow to art!
To copy instinct there was reason's part:
Thus then to man the voice of Nature spake—
Go, from the creatures thy instructions take;
Learn from the birds what food the thickets yield;
Learn from the beasts the physics of the field;
Thy arts of building from the bee receive;
Learn of the mole to plough, the worm to weave;
Learn of the little Nautilus to sail,
Spread the thin oar, and catch the driving gale.

Pope.

SLEEP AND SLEEPLESSNESS.

By R. Clark Newton, M.R.C.S.E.

No. I.

It is strange that no theory of the cause of sleep has yet been advanced that is not open to many objections, though the subject has certainly received the amplest attention from all classes of scientists. It is, however, generally agreed that before the condition of sleep can be established there must be a diminished quantity of blood circulating in the brain, produced by a contraction of the cerebral blood vessels. But, after all, we scarcely know more of the subject than to define sleep as the natural expression of some law by which the external senses are for a time suspended.

It would be impossible in a medical point of view to overrate the importance of sleep in health, and as a restorative in sickness, and its influences are alike beneficially extended to mind and body. Health in every organised man, animal, or plant exists only so long as they are endowed with normal vital power. The structural elements of such organised beings are the constant subjects of change. In this sense it may be said life is a continual process of waste and repair, destruction and renovation. Health continues at its natural standard only whilst the vital power is able to keep pace with waste. When the system is overtaken with disease or old age, and vitality is impaired, then waste occurs more quickly than renovation, and decay and death result. Therefore health and duration of life depend upon the endowment of each individual with sufficient vital or recuperative force. Sleep seems to have been appointed as a powerful and grateful means of keeping the vital power in a state of health; it is a period during which it recovers its tone and force, whilst at the same time most of the exhausting functions of the body lie dormant: sense and voluntary power are for the time suspended or diminished, the respiration is slower, the amount of gases and fluids thrown off from the body are diminished, and the heat of body is lessened. Life is during sleep, as it were, vegetative only. But one organ of the body never sleeps—viz., the heart, from the opening of life till its close. This member is ever on duty, but during sleep its activity is diminished, and the horizontal position of natural sleep renders its work lighter. Highly endowed with nervous supply, this organ is enabled to work half-time during sleep, to recruit its muscular power.

Sleep is not peculiar to the animal kingdom, for there is good reason to believe that the lowest forms of vegetable life, ranging up to the giants of the forest, pass through periods analogous to the sleep of mankind. It is well known that many flowers close their petals as the sun goes down, and unfold their loveliness, some in the early morn, and others later on; nor can this closing-up be caused by the increased moisture or coldness of the evening, or withdrawal of the stimulus of light, for notably the *Tragopogon luteum* is dissipated enough to remain awake all the night, and to gather its petals to slumber at eight or nine in the morning. Indeed, plant dials have been constructed, of different plants closing themselves up at varying hours of the day. Nocturnal animals sleep soundly during the day and roam at large at night, and

in some parts of the Globe the strange sight may be witnessed of birds perched upon trees sound asleep in the broad light of day. Sleep, then, of proper kind and quantity, is necessary for the maintenance of physical and mental health and vigour, and it is certain that when not obtained there is a fault of health or circumstances. Sleeplessness is often a first or premonitary symptom of some constitutional or mental derangement, and as such its cause should always be at once carefully ascertained, and if possible, remedied. This subject will engage our special attention in a subsequent paper.

Quantity of sleep.—No rule can be laid down applicable to every one as to the amount of sleep required to preserve health. It is a subject for individual rather than general assessment, and varies with different constitutions and circumstances. Few physicians recommend less than six and fewer still more than ten hours. King Alfred divided the day and night into three divisions of eight hours each—"eight hours to work, eight to play, and eight to sleep," while some have advocated its division into four sixes, apportioned thus—"one to sleep, one to study, one to the family, and one to God." And Sir William Jones says, poetically :—

> "Six hours to law, to soothing slumber seven,
> Ten to the world, and all to Heaven."

But, after all, each person must fix the standard of his own requirements, taking due care not to let this be too low. A hundred years ago, before this high-pressure and pleasure-seeking age, probably few persons slept too little; now merchant and student alike endeavour, by burning midnight oil distilled from their own bodies or brains, to keep abreast or ahead in the race for distinction or wealth, whilst the "won't go home till morning" young man *thinks* he enjoys life the more according to the number of hours he can forcibly keep his eyelids raised. Without the slightest wish to encourage self-indulgence, we must express the strongest opinion that in the present day most of us take too little sleep, for one must really feel wide-awake if we are thoroughly to enjoy life, or conduct business with the full advantage of our intellectual powers; otherwise our daily occupations will be performed mechanically, instead of with all the freshness of mental and physical strength. On the other hand, over-sleeping may readily become a habit, and it tends to mental torpidity, and predisposes to muscular inactivity, besides giving rise to a flabby and fat state of the body. Too much sleep produces languor, too little irritability. Most persons require eight hours' unbroken sleep, though this amount must be modified according to age, and the nature of the mental and bodily occupation, and an effort should be made to procure one unbroken sleep of whatever duration, so that its length is sufficient to produce a feeling of freshness on waking. In discussing the amount of sleep required by various individuals, we have frequently been referred to the rules and habits of certain historical characters, and we have had placed before us the energetic and sleepless lives of Frederick the Great, Napoleon, John Hunter the anatomist and John Wesley the divine, and amongst modern celebrities, Dickens and Lord Beaconsfield, and a certain French *savant* who only slept one quarter of an hour each day and night. But it is scarcely correct to compare such examples of mental power and greatness with the average individual. The late Duke of Wellington must have thoroughly appreciated the rule we are endeavouring to establish, as it is recorded that he slept upon a bed so narrow, that the first time he turned over he was sure to turn out. Waking should be natural, and brought about by the restoration of the vital powers. Supposing that an individual concludes that his manner of life and constitution require eight hours sleep out of the twenty-four, he must not delude himself by thinking that this sleep may be had either all at once or in parts during the day and night. Children require more sleep than adults, and more in winter than summer. Elderly people can do with less than the young and middle-aged, but *very* old persons pass a large portion of their time in sleep, and in this matter, as in several others, the old man puts on the habits of his childhood. It is at that period of life when the walls of the blood-vessels of the brain begin to lose their resiliency, or power to adapt themselves to the varying amounts of blood circulating in the brain—that is, on the approach of advanced years, we sleep less, and at this age more than any other the little nap after dinner, or the forty winks at odd times, is very necessary, and may be encouraged. After dinner there is a rush of blood to the digestive organs, and the quantity of blood in the brain being therefore diminished sleep comes on naturally. The sick, and all who suffer pain, should sleep as much as possible, as, while resting, the strength of the nervous system is improved, and nutrition generally is rapidly proceeding; and in times of trouble or anxiety, "when sorrow sleepeth, wake it not."—*Newcastle Chronicle.*

CAKES.

These toothsome delights are too well known to need description. They are the abhorrence of the dyspeptic, and they are the delight of the hungry schoolboy. The former may growl at them as being unwholesome or unnecessary, but to the latter they constitute the crowning achievement of the culinary art. He proves his appreciation of their goodness by the relish with which he partakes of them, and assisted by those wonderful aids to digestion, cricket and football, can with perfect safety dispose of a slice of cake that would make his elders turn pale.

To make cakes well it is indispensable not only that great accuracy should be observed in proportioning the ingredients, but that the ingredients themselves should be, if not the best, at least good of their kind, and all should be fresh and perfectly dry. Flour, sugar, butter, eggs, currants, with flavourings of various kinds, are the materials usually employed. These should be prepared to a certain extent, and afterwards measured or weighed, before the actual operation of cake-making is commenced. Flour should be gently heated in front of the fire for an hour before being used; currants should be washed and picked, then wiped with a soft cloth, and dried before the fire. A little flour may be sprinkled over them at the last moment. Sugar should be rolled and sifted. If the cake is to be a plain one, clean light brown sugar will do as well as refined white sugar. The eggs should be perfectly fresh and good, and in order to ensure this, each one should be broken separately into a cup before it is put with the others. If this point is carefully attended to, the accidental introduction of a bad egg amongst the number will not spoil all the rest. The yolks and whites should be put into separate bowls, the specks removed, then the yolks beaten, either with a broad fork or with rods, till they are light and frothy, and afterwards the whites whisked to a solid froth, till no moisture remains at the bottom of the bowl. Both may then be put in a cool place till wanted. Nothing but fresh sweet butter should be used in making cakes. Common cheap butter is to be avoided, and if it is at all rank or strong it is sure to impart an unpleasant taste to the cake. Should it be salt, that will do no harm, as the

saltness may be removed by washing the butter in cold water two or three times, at the same time kneading it well with the hands. Good clarified beef dripping is to be preferred to common butter for plain cakes. Lard also is not good for cakes. In most recipes for making cake it is recommended that the butter should be beaten to cream. This is done by beating it in a bowl, either with a wooden beater or with a cool hand, till it is reduced to a smooth cream. The water which every now and then oozes out of the butter during the process should be poured off. Almonds should be blanched before they are pounded or sliced. To do this easily, put them either into boiling water for a minute or two, or into cold water over the fire, and let them remain a few minutes till the water is about to simmer, when it will be found that the skins will slip off easily. As they are peeled throw them into cold water, to preserve the colour. If they are not pounded they should be thinly sliced or divided lengthwise; if they are pounded, one or two drops of cold water, or of rose-water, or orange-flower water, or white of egg, should be sprinkled upon them every now and then to keep them from oiling. Either a marble mortar or one made of hard wood should be used for pounding almonds. Volatile salts, saleratus, or carbonate of soda, is often used to make cakes light. This should be finely powdered, and dissolved in a little hot water before being added to the cake. If baking-powder is used for the same purpose, it does not need to be dissolved, but may be mixed with the dry flour and other ingredients before they are moistened. When fresh lemon-peel is used for flavouring, it should be rubbed upon loaf sugar till the yellow part is taken off; this is a tedious process. An easier one is to cut off the yellow part very thin, and entirely free from white, and then pound it in a marble mortar with sugar. Many cooks, to save trouble, draw out the flavour of the lemon by soaking the thin yellow rind for an hour or more in a little of the liquid with which the cake is to be moistened. Or a more usual plan still is to cut off the yellow part and mince it very finely, and add it to cakes. When yeast is used, fewer eggs and less butter will be required. The liquid with which cakes are to be moistened should be made lukewarm. Where milk is used, the cakes will not keep so long as if water were employed. Cakes cannot be beaten too much; not only should they be beaten whilst they are being mixed, but the operation should be continued after all the ingredients are introduced, and until the mixture is light and creamy. By this means the lightness of the cake will be increased.

The heat of the oven in baking cakes is an important consideration, for cakes are oftener spoiled in the baking than in the making. Small cakes require a brisk oven to make them rise. The heat should not be increased after they have begun to bake. All large cakes need a well-heated but not a fierce oven, as they should be equally cooked throughout; and there is always a danger that the middle will be a little pasty even when the outside is sufficiently baked. In order to keep them from being scorched, a sheet of white paper should be laid over them after they have risen and become firm; also they should be turned round in the oven once or twice, that they may be equally cooked. Of course the tin in which they are baked should, after being greased, be lined with paper. In order to ascertain whether or not a cake is sufficiently baked, a skewer or knitting-needle may be plunged into the centre of it. If the cake is very large, a broad-bladed knife should be substituted for the skewer. If when drawn out it is dry and clean, the cake is done enough; if it feels moist and sticky, and if anything adheres to it, the cake must be returned to the oven. Cakes when done enough should be gently turned out of the tin and laid on their sides till cool. Cakes keep best when kept in a tightly covered tin canister in a cool, dry cupboard. Wooden boxes, brown paper covers, and linen or cotton wrappers are liable to give them an unpleasant taste. If the canister is not at hand, the cake may be folded in a thick napkin and placed in a stone jar, and covered closely.—*Cassell's "Domestic Dictionary."*

The Metropolitan Water Supply.—Mr. E. J. Watherston requests us to state that the delegates from the various vestries and district boards will meet at St. Martin's Vestry Hall on Friday, the 16th inst., at 11 o'clock, to consider the steps necessary to be taken, in the interests of the rate-payers, under the altered condition of public affairs.

Language is a solemn thing. It grows out of life—out of its agonies and ecstasies, its wants and its weariness. Every language is a temple, in which the soul of those who speak it is enshrined.—*O. W. Holmes.*

DAMPNESS IN BUILDINGS.

Its Causes and Consequences, and the Means of Preventing it.

Dampness penetrates into the lowest floor of buildings, either from the soil itself or by means of the foundation walls. It frequently arises also from rain beating on the surface of the exterior walls.

The influence of the different causes of dampness varies according to the nature of the soil or climate, the aspect in which the houses are built, the materials employed in their construction, and the different modes of construction. To get rid of humidity in the lowest storey, it is ordinarily supposed that all that is required is to elevate the foundations within the building above the level of the external soil, but if no other precautions are employed, this super-elevation will not diminish the dampness which rises from the earth itself, and that from the walls will be very imperfectly resisted supposing the buildings are without cellars.

Amongst the numerous bad consequences of dampness we must reckon as the principal its unhealthiness, and its destructive effect on almost everything subjected to its action; it causes plaster to fall, ceilings and floors to decay, paint to peel off, paper to become rotten, furniture, pictures, and books are rapidly injured by it, and even the materials of the walls themselves undergo a gradual alteration in their solidity.

A constant moisture is not, however, necessarily destructive to buildings built of stone. Stones laid in the ground, although constantly immersed in water, will remain uninjured, although this will not be the case where the stone is exposed by turns to dryness, moisture, and frost.

It is a common expression that damp always rises, and it might thence be supposed that moisture is always diffused downwards, horizontally, and in every other direction.

Now the materials ordinarily employed in building—wood, brick, rubble, and stone of every kind, including even marble and granite—are more or less hygrometic—that is to say, if carefully weighed after having been immersed in water, they are found to be heavier than they were when completely dry, and from experiments made of the powers of absorption of different kinds of stone, it has been found that a cubic metre of marble will hold 5¼ pints of water. A metre being 3 feet 3 inches, it is therefore clear that the opposition which the nature of the materials offers to the progress of moisture is much less than is constantly supposed.

Till a comparatively recent date attention has been confined to the means of remedying dampness in buildings after they have been constructed, precautions seldom being taken to prevent it in the first instance; recourse is generally had to cements, plasters, and paint, applied to the interior surfaces of the walls, so as to substitute by means of a body supposed to be impermeable, a dry surface for one more or less humid. Without desiring to analyse the quality of the plasters usually employed, I do not hesitate to say that these various compositions not only do not prevent, but do not even diminish the real cause of the evil. The moisture which has penetrated through the walls is an agent which operates continuously and cannot be stopped. Its action cannot be diminished except by the action of air. The pretended *hydrofuge* cements merely disguise the evil for a certain period. They are even liable in many cases to grave objection—diminishing the chances of absorption, and instead of helping to dry the building, tending to retain its moisture. It is, then, the first cause of the evil which must be attacked. The only useful means are those which prevent the moisture from penetrating into the walls of the building, for when once it has entered them it is almost impossible to remove it.

With respect to the dampness arising from the soil, the best means of preventing it is by interposing at a certain height some impermeable substance which will prevent the moisture passing beyond it. The only substances of this kind are lead, bituminous or resinous cements, and certain kinds of mortar. The interposition of a plate of lead or a layer of some bituminous substance in the thickness of the wall has been already tried with success, and is found to stop the progress of the moisture absorbed by the lower portion of the wall. This plate or layer should be a little above the level of the internal foundations.

This method, however efficacious, in resisting the dampness arising from the ground, does not prevent the effects which the humidity of the atmosphere produces on the exterior surface of the walls in their lower part. In ordinary buildings I would point out as an excellent preservative against atmospheric moisture—a *revêtement* of flagstones placed against the

external face of the wall, and reaching to about a yard above the ground. If the foundations of the wall be of good limestone or grit stone, this *revêtement* will not be necessary. It is well known that in the lower parts of walls to a certain height above the ground, the mortar of hydraulic lime should alone be used, and that when there are means of resisting the foundations on an impermeable concrete, the best effects may be anticipated.

The precautions, then, to be taken against humidity in the walls are these—a foundation of hydraulic cement, the employment of hydraulic mortar in the lower parts of the building, the use of calcareous stones, or *revêtement*, built against the walls, and the interposition of an impermeable substance through the whole thickness of the walls, between the exterior and interior levels of the soil. According to physical laws the damp soil tends to penetrate, in one direction or another, the hygrometic bodies with which it meets. It hence results that the walls of buildings will absorb from the soil a certain dose of humidity, at all the points immediately in contact with it. That is to say, if there be any underground basements the outside walls will absorb by their footings and by one of their faces, and the division walls by the footings alone. If there be no underground basement, the division and outer walls will be under precisely the same conditions with respect to those parts of them below the level of the exterior surface of the soil. But are these the only causes of humidity ordinarily regarded in lower parts of buildings? Certainly not, and it is easy to prove that with regard to external walls there are other causes, which although less constant, are notwithstanding not less immediate. I mean the rain water which the wind drives upon the faces of walls, by which the lower part is wetted, as well as by that driven directly on the surface, as by that which rebounds from the ground, or by that which falls down the face of the wall. In the case of dripping eaves without gutters, it may be easily imagined the abundance of wet which the walls receive at the lower parts, from the drips of water and from stacks of rain-water pipes without shoes. If the lower floor of a building be covered, whether it be by any pavement whatever, or by a planking immediately upon the soil itself, it is certain that the ground under the floor contains first its own humidity, as also the damp which traverses the foundations of the outer walls; so that there will exist always a constant humidity through the whole extent of the lowermost floor, susceptible of exercising its influence upon all bodies immediately in contact with the surface of the soil.

The paving the outer surface next the building, or it being unpaved, materially affects the dryness of the inside; and the construction of numerous and full-sized sewers and drains in large towns also carries off a great portion of the surface water. And again, an isolated building is more exposed than one contiguous to another; and also, when a house is on the slope of a hill, with one part against a bank, through which the waters may flow, it is necessary to adopt precautions to penetrate the solid constructions. No reliance can be placed on the impenetrability by humidity of any material—wood, bricks, ordinary stones of every quality, marble, nay, granite itself, are more or less hygrometic—that is to say, that plunged in water or kept in a humid atmosphere, after having been previously weighed in their dry state, there is not one which will not have acquired some addition of weight. Thus, if the base of a column be immersed in water, it will gradually rise up the shaft, and the damp never quits a body which it has once penetrated, unless it be absorbed by air or heat. If the upper part be dried by exposure, as soon as it ceases to be acted upon, the humidity of the lower portion will again rise to the dry part.

A wall, therefore, constructed of brick or stone of any quality whatever, will be subject to the damp which exists in the soil, and which will enter in all directions and in all parts where the wall is in immediate contact with the ground. The extent to which this damp will penetrate cannot be determined; it may rise to a very great height above the level of the soil; and if it be arrested more or less, that will be caused by the influence of the neutralising power of the temperature of the atmosphere, so that a wall which may be very damp at the beginning of summer will be much less so at the end of the dry season, and particularly so if immediately exposed to the sun; but the following winter the damp will return, unless the original cause of humidity be subdued.

It is desirable in all and every class of soil to have a substratum of concrete under the footings. For the purpose of damp this need not be very deep, perhaps not exceeding a foot high. As soon as the footings and lower part of the wall are carried as high as the level of the ground, inside it will be well to introduce a thin sheet of lead the whole thickness of the wall, or a layer of bituminous substance as thin as possible, so as to penetrate the brick and stone and fill the pores—or a double course of thick slate set in cement.

The purpose of the sheet lead and of the bituminous substance, and the slating, is to prevent the wet from rising up from the footings; but other precautions are necessary to prevent the access of damp from the surface of the ground next the outside face of the wall. A facing of stone is the best remedy. It need not be very thick, but it is well for it to be at least two or three feet high, and if there is a small interval between this facing slab and outside surface of the wall, so much the better, providing a circulation of air be kept in the space. By this provision neither the rain beating against this part of the wall, nor the water returning from the pavement, will be able to reach the main substance of the wall, for although the facing slabs may be temporarily damped, they will soon be dried without communicating the damp to the body of the wall.

The inside of external walls should never have the plaster applied immediately on the face. They should be battened by means of long, narrow slips of wood, attached by holdfasts to the inside face of the wall. These slips or battens receive the laths upon which the plastering is applied. The space formed by the battens between the walls and the lathing effectually keeps out the humidity.

No impervious covering should be laid on wooden floors in the lowermost story, such as oil-cloth, for instance; a certain moist air always rises from the ground and escapes through the joints of the boards; but if this be intercepted by the oil-cloth the air will rot the boards and oil-cloth in a very short time.

But it is important to keep the damp from the floors which come upon the ground—that is, the floors of the lowermost story. It is evident that the timber or stone slabs should not be in immediate contact with the soil. For this purpose let a stratum of concrete be laid over the whole surface of the house, six or nine inches thick, at the least; upon this form sleeper walls or piers up to the necessary height, and upon them lay plates or paving slabs; as an additional precaution, a thin sheet of lead might be laid under each pier on the bed of the sleeper walls. In palaces, as a greater precaution, and in buildings where expense is a secondary object, a thickness of asphalte might be laid on the concrete. In the dwellings of the poor it is expedient at all events to have the sleeper walls or piers, which need be only half a brick wide and one course high, without the cement, and generally that will be sufficient precaution. When stone paving forms the floor, bricks should be laid under all the joints. Thus will the humidity be more or less prevented from reaching the floors.

But of all precautions to prevent damp entering by the face of the wall the best remedy is to have an area, which, by keeping the soil at a distance, precludes its fatal effects on the wall. These areas may be three or more feet wide, and may serve as a passage all round the building, and afford access to cellars outside, as in the better class London houses; or if this, from want of space or expense, be impracticable, it will be sufficient to have what are called blind areas, with convex walls against the earth, the points of contact with the outer wall of the house being as small as possible, to diminish the possibility of the communication of damp. The top of the areas should be covered by stone slabs, which it is desirable to keep above the surface, and the face of the wall immediately above should be rendered without cement. If it be necessary to have the covering slabs below the earth, the face of the wall must be rendered with cement, or the damp will undoubtedly penetrate through the wall from the slightest depth of ground next to it.

Another precaution must always be taken in regard to floors, and that is to insert in the outer walls iron gratings, with channels in the wall say 9 inches by 6 inches, so as to let air pass into the floor from the outside; and in order to exclude the air from the floor in winter time, or in damp weather, it is well to prepare a sliding plate in the skirting, which may shut it off or open the holes for the re-admission of the air, as the one or the other effect may be desired.

Dripping eaves, rain-water shoots, or gurgoils, without standard pipes, should always be avoided, for the water which falls from the eaves, or gushes from projecting spouts or shoots, is driven against the face of the wall ere it falls a few feet, and keeps the brick or stonework saturated at times with the water. Hence eaves, gutters, and standard rain-water pipes are always indispensable, and a proper shoe at the foot of the pipe should never be omitted; otherwise the force of the water causes it to undermine the wall, producing the most disastrous results, whereas a shoe keeps the water from the wall and turns it into a drain prepared to receive it.

THOMAS PEARSON.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: APRIL 10th, 1880.

HOME LEGISLATION AND THE NEW PARLIAMENT.

LORD BEACONSFIELD'S famous epithet, "*Sanitas, sanitatum, et omnia sanitas*," led to the belief that any Administration of which he was the head would initiate effective legislation in the interests of the public health. But it cannot be said that the late Government made the best of its great opportunities in that respect. It is true that attempts were made to deal with some branches of sanitary reform, but these were generally of an unsatisfactory character, and the legislative results have been anything but a success. No great measure passed in the interest of the community has been placed on the Statute Book.

Turning from the past to the future, what is the outlook? We have a new Parliament—new in more senses than one—a Parliament more closely allied to the people, and with a truer knowledge of their difficulties, wants, and requirements. The legislation of the future will, in all probability, be as much legislation for the people as it will undoubtedly be legislation by the people; and that being the case we may look for radical reforms, the tendency of which will be in the direction of "the greatest happiness of the greatest number."

Monopolists of every kind have received a death-blow at the ballot-box. Private advantage will have to yield to the public good. More regard will be paid to the people, and less to so-called "interests," than has been the case in the past. We are not revolutionists, and we do not dispute or question the right even of monopolists to compensation; but we would give them justice, and no more.

The sanitary condition of our towns, the water supply of cities and rural districts, the adulteration of food, the defective construction of houses, the evils incident to our public-house system, and many other subjects for domestic legislation, will have to be faced. The question of the hour is—have we in the new Parliament men possessed of the ability and disposition to deal with them?

We think we have the men. Chelsea has done its duty nobly in returning Sir Charles Dilke and Mr. Firth. There is in the House of Commons no more painstaking man than Sir Charles Dilke. He is thoroughly acquainted with the requirements of the Metropolis, while his colleague, Mr. J. F. B. Firth, is not likely to rest until the endowments of London, at present sadly misappropriated, are applied to the benefit of the many rather than to that of the few. Mr. James Beal, who is a complete master of all matters affecting the government of the Metropolis, ought to have been found a seat in the House of Commons. He would have ably supported Sir Charles Dilke and Mr. Firth in their work; but perhaps a seat may yet be secured for him before long. Mr. Torrens again represents Finsbury, so that his intimate acquaintance with the people's needs respecting house accommodation will not be lost to the House; and Mr. W. H. Smith, who has conferred more than one benefit upon the Metropolis, will, when in opposition, have leisure to still further pursue his leanings in that direction. Professor Fawcett stands pledged never to rest until London has secured an ample supply of pure water, so that if he opposes "local option" he can in a sense still be claimed as a friend of temperance.

Of the new Metropolitan members, Mr. Daniel Grant, Mr. Cohen, and Professors Bryce and Rogers, may be regarded as representatives certain to be on the right side whenever these important questions come up for solution. Turning to the country, a long list of new recruits to the party of progressive domestic legislation is presented. Amongst the most active and influential of these may be named—Mr. Hugh Mason, for Ashton-under-Lyne; Mr. W. Fowler, for Cambridge; Mr. A. W. Dilke, for Newcastle-on-Tyne; Mr. J. S. Wright, for Nottingham; Mr. D. Macliver, for Plymouth; Mr. Arthur Arnold, for Salford; Mr. Passmore Edwards, for Salisbury; Mr. W S. Caine, for Scarborough; and Mr. Pease, for Whitby. Never before have we had a Parliament so strong in social reformers. We expect much from it, and from the new element infused into it we are most hopeful as to practical results. It is true that time alone will show whether or not we are too sanguine; but unless the men who form numerically an important, and intellectually a most powerful, section of the House of Commons, are false to their whole previous careers, the Parliament of 1880 will initiate and carry to a successful issue, domestic legislation of incalculable value to the community.

CURRENT OPINIONS AND EVENTS.

THE results of the General Election have taken every one by surprise. Few, even of the most sanguine Liberals, were prepared for such a complete change in the position of parties. The Ministry elected to stand or fall upon their policy of aggrandisement and ascendancy; and great indeed has been their fall!

The appeal to the baser part of our nature has met with a response but little expected by the Ministers. We do not regret this, for the policy of the past six years had only to be pushed a little farther to produce the subversion of those institutions which are supposed to be the glory of Englishmen, especially of Conservatives.

There has been a total neglect of home and domestic legislation; or where it was attended to a preference has always been shown to class and vested interests rather than to those of the community. The great blot on Mr. Cross's Artisans' Dwellings Act lies in the compensation awarded to the owners of "slum property," condemned because it was unfit for human habitation, but paid for by the ratepayers on a scale based upon the ill-gotten rentals screwed out of the miserable tenants; so that a premium was actually put upon defective and disgraceful houses, and their owners handsomely rewarded!

If this principle of compensation is not unfair and wrong when applied in such cases, its application should be extended to the dealers in adulterated articles of food, and the vendors of diseased meat. If the farmers out of disease-producing houses are to be awarded compensation equal to that which would be given to the owners of sound habitations, the sites of which are required for public improvements, surely the sellers of diseased meat and adulterated food ought in equal justice to receive the full value of sound and genuine articles whenever their condemned goods are seized and destroyed.

The Water Bill was constructed on the same lines. By it it was proposed to award a handsome premium to monopolists to whom valuable concessions had been made on the understanding that they should supply to the public pure water. But these conditions were openly disregarded, and the consequent imperilled health of the community demanded legislative interference. And the Government proposed to compensate the companies in accordance with the amount of their ill-gotten gains!

But this Water Bill proved too much for the Metropolitan elector; and he has taken the only course open to him to avert such a job being palmed upon him. The *Yorkshire Independent* of Saturday last admirably puts the case of "vested interests." It says:—

"The London Waterworks Companies have made vast fortunes by working a monopoly and supplying bad water, and now they are artificially raising the prices of shares in order to get higher 'compensation.' What a *sensible* Parliament should do is this—either compel them to give a full and fit supply, as they covenanted to do, and have been paid for doing, or make such arrangements as *will* give the 'public' a supply, and debit the companies with the cost. Mr. Bright, however, puts in the same claim of compensation for publicans for all sorts and sizes. Having granted them a monopoly, which they have abused, by which to make fortunes at the public expense, they, of course, have the *right* to compensation, for the fortunes they might make by a *future* (or continued) monopoly! This Gordian knot had better be cut by proclaiming free trade, since free license has done about all the mischief that can be done. Publicans will then eat each other."

The Government pledged itself to protect the publicans from the results of any reform of the licensing system; and, as we stated last week, "the trade," in return, entered into a compact to exert its whole political influence in defence of the Conservative party. Well, the struggle has passed; the publics were pitted against the public, and if the former are satisfied with the result, the latter have no cause for regret. Sir Wilfrid Lawson and his "local option" followers are in strong force, but poor Mr. Wheelhouse! where is he? It would have been better for him had he accepted the Zululand appointment, rather than trust to the gratitude of the electors of Leeds, of whose liberties (to get drunk) he had been so devoted a champion.

Speaking on Saturday last, Sir Wilfrid Lawson referred to the rout of the brewers and their political allies as follows:—

"Go to Leeds and there you find Mr. Gladstone at the head of the poll—(cheers)—and who was at the bottom? A very worthy old gentleman, a great friend of mine, but a political opponent, the head centre of the licensed victuallers, who used, year after year, to get up in the House of Commons and make the most ridiculous speeches you could imagine against my Permissive Bill. Poor man, he's gone for ever. (Laughter.) It was a terrible day yesterday. (Laughter.) There was terrible devastation amongst the brewers. Fancy my feelings on reading to-day of one great brewer after another toppling over. (Laughter.) There was a great brewer in Warrington. (Cheers.) Why do you cheer? Perhaps you know more about Warrington than I do? I know he was a very kind old gentleman, and I liked him very much. He had a public-house in almost every street in Warrington, and he subscribed to a church in almost every street. (Laughter.) I thought he must, therefore, be invincible, but a good Liberal went to Warrington, and poor Sir Gilbert Greenall has gone like Mr. Wheelhouse. (Laughter.) At Northampton there is the fall of another beer king. (Laughter.) Then there is York. When I saw the news this morning, it almost gave me an apoplectic fit—'Jimmy' Lowther at the foot of the poll in York. (Great laughter.) I can believe anything after that, and nothing will surprise me that happens next week. There is only one cause for regret, and that is that his twin brother in Whitehaven has not gone with him—(cheers)—because, if he had, there would have been some chance. You know that Mr. James Lowther and Mr. George Augustus Frederick Cavendish Bentinck, Judge-Advocate-General and Member of Parliament for Whitehaven, were the two greatest obstructionists in the House of Commons. (Laughter.) Mr. Bentinck is still alive, and will be for a short time longer. But all these things ought to encourage you; they encourage me, and I never felt so jolly in my life. (Cheers.)"

The Earl of Shaftesbury presided at the closing meeting for the session of the Lambeth Baths gatherings. The noble lord made the following references to efforts to soberise and elevate the people:—

"But for these efforts London would have been such a place of iniquity that no decent person could have kept his habitation in it. He hoped that there would be still larger attendances at these Lambeth meetings, where instruction, amusement and recreation, and everything that could raise a man to the dignity of a thinking being, could be gained. Whatever might be said of the condition of this country, he believed, if the people of England would but adopt and follow the principle of abstinence from drink, and become sober people, that this nation had before it advantages superior to

those of any other country on the face of the earth. He would have much pleasure to assist the proposed deputation on the subject of the site of Horsemonger Lane Gaol. (Cheers.) He maintained that open spaces were necessary for the preservation of life and health; and they must not allow to pass the opportunity of agitating for the conversion of the site of this gaol into an open space for recreation. (Loud cheers.)"

The *Economist* cannot well be charged with having strong leanings towards temperance; but in commenting upon the decreasing revenue from excisable liquors last week, it said :—

"The revenue for the past year has turned out rather better than Sir Stafford Northcote ventured to anticipate in his Budget statement three weeks ago. Instead of showing signs of recovery, the main heads of income (Customs and Excise) have of late been going from bad to worse, and it is quite within the bounds of possibility that they may never again fully recover their former elasticity. The masses of the people have now for some years had more temperate habits forced upon them, and although national customs are not easily nor quickly changed, yet there is some reason to hope that the prolonged compulsory abstinence reflected in the dwindling customs and excise revenues may have had some effect in permanently diminishing the consumption of drink. Without, however, speculating on this point, it is sufficient in the meantime to note that the deficit of last year has turned out slightly less than Sir Stafford Northcote feared it would, and the proved cautiousness of his estimate of the yield of the past three weeks gives us increased confidence in the moderation of his estimates of the current year."

May's "British and Irish Press Guide," corrected for the present year, has just been published. It includes a large number of new publications, and has been revised with great care. It shows that of the whole number of newspapers (1,986) published in the United Kingdom, there are 56 which may be classed as religious, and representing the Church of England, Roman Catholic, Jewish, Baptist, Wesleyan, Society of Friends, Presbyterian, New Jerusalem Church, Unitarian, and other denominations.

NEW BOOKS AND PUBLICATIONS.

Proposals for and Contributions to a Ballad History of England and the States Sprung from Her. By W. C. Bennett. London: "The Golden Library," Chatto and Windus, 74 and 75, Piccadilly.

Dr. Bennett made his mark as a poet more than a generation ago, and in the little volume before us he gives us samples of ballads in which some of the noble deeds of Englishmen "in the brave days of old" are presented in soul-stirring verse. Prefixed to the volume is an introductory appeal, addressed to the poets of England and America, pleading for a "national ballad history for the people." Dr. Bennett rightly holds that "English history is almost unknown to the English people," but suggests that, by the aid of the poet, it may be made to live in the memories and on the tongues of the masses. The specimens of Dr. Bennett's own poems here presented evidence his fitness to undertake a work of such national influence and importance as a Ballad History would be. He is competent to render substantial contributions to such a work from his own pen, while his selections would be made with a judicious discrimination few, if any, other poet-editors could equal.

Dr. Bennett appeals to the English poets of our time to aid him in a work the extent and aim of which can best be described in his own words.

"I propose," he says, "to gather from our ballad and song literature, ancient as well as modern, all that illustrates and expresses our national progress, and gradually—quickly or slowly, it may be through years—to add to these existing materials worthy celebrations of the events that have glorified, the feelings that have moved, and the heroes who have illustrated, the fifteen hundred years that have made us the people that we are.

"I appeal to pens, both in England and America, immeasurably more powerful than my own, to work out this intent, assured that it is one that I may fitly call on them to aid with the full powers of that genius with which God has endowed them, in trust for the delight and elevation, not of the cultivated few only, but of all their brother-men."

Like his brother Sir John Bennett, the endeavours of our author have been, throughout an active life, devoted to the benefit of the people rather than of "the cultivated few only," and we trust Dr. Bennett will carry to a successful issue the important task he has set himself. The gifted but erratic "January Searle" published fragments of a "Ballad History of the Norman Conquest," some twenty-five years ago, in the *Truthseeker*, and at the same time he announced his intention of extending the idea, somewhat on the lines now marked out by Dr. Bennett. In that case, however, the idea was never worked out, but we hope it will be more fortunate in the present instance. Our readers will be interested in the Doctor's ballad "The March to Brentford," which we reprint in another column.

Temperance Landmarks: a Narrative of the Work and the Workers. By the Rev. R. Maguire, D.D. London: *Hand and Heart* Office, 1, Paternoster Buildings.

This is a nicely printed little volume, as all those issued under the Rev. C. Bullock's supervision are. The matter had previously appeared in a series of articles published in *Home Words*. It is very well as far as it goes, but it does not answer to its title. With so good a subject, surely Dr. Maguire could produce something better than this. Uninformed readers will be led to suppose that nothing has been done outside the National Temperance League and the Church of England Temperance Society—institutions of undoubted value and influence, but scarcely possessing a monopoly of temperance work.

On Simplicity, Common Sense, and Intelligent Supervision in Sanitary Appliances. By P. Hinckes Bird, F.R.C.S., &c. Marsh and Co., 138, Fleet Street.

This is a useful pamphlet, deserving an extensive circulation. Its author is a practical sanitarian, whose writing is easily understood by the non-professional reader. Many sanitary appliances are rendered worse than useless for want of the intelligent supervision for which Dr. Bird pleads.

Why Eat White Bread? The Food Reform Society, Castle Street.

This twopenny pamphlet mainly consists of a compilation of testimonies, medical and lay, to the superiority of "brown" to "white" bread. As such it is useful.

The Standard Book of Song for Temperance Meetings and Home Use. Arranged by T. Bowick. Musical Editor, James A. Birch, Gentleman of H.M. Chapels Royal. Parts I. and II. Ditto, Tonic Sol-Fa Edition, Parts I. and II. London: National Temperance Publication Depot, 337, Strand.

Excellent, both in arrangement and get-up. The name of Mr. Birch is a sufficient guarantee as to the musical part, while Mr. Bowick is well known as the successful compiler of hymns and songs for public meetings. The two first parts promise well for the future of the production.

Loose Bricks for Temperance and Social Reformers. By Amos Scholfield. London: 337, Strand.

Mr. Scholfield is favourably known, especially in the West of England, as a popular lecturer on temperance and social topics; and in his preface he tells us that he is often urged by friends to publish some of the addresses he is in the habit of giving. This is not exactly a case where stones are given in answer to a request for bread; but Mr. Scholfield's friends ask for his discourses, and he responds by giving passages from them—bricks. And a very interesting little volume it is, containing facts and illustrations of the first importance to social reformers. But it is rather tantalising, inasmuch as it evidences that its author could successfully undertake more ambitious work. The "bricks" are very good ones, but we should prefer the building complete.

THE NATIONAL TEMPERANCE HYMNAL: A TREASURY OF TEMPERANCE MUSIC AND SONG. Edited by the Rev. John Compston. Part V. Maidstone: G. H. Graham.

This is a reissue of a work of acknowledged excellence, which has already commanded an extensive sale. It is marvellously cheap, and will be completed in eighteen monthly numbers, at twopence each. The entire work will contain 490 pieces.

A COMPLETE CATALOGUE OF TEMPERANCE LITERATURE. National Temperance Publication Depot.

By far the most extensive and complete list of temperance works ever published. Some idea of the growth of the movement may be gathered from this catalogue.

THE NEW TESTAMENT COMMENTARY FOR ENGLISH READERS. Edited by the Lord Bishop of Bristol. Part I. Cassell, Petter, Galpin, and Co., London, Paris, and New York.

To say a word respecting the paper and printing of any serial work issuing from the press of the publishers of this Commentary is quite superfluous. The work itself will form an important contribution to popular Biblical exposition. It is at once scholarly and practical; and its price brings it within reach of every home circle in the land. The introductory dissertation promises to be of great value.

SOCIAL NOTES. Edited under the Direction of the Marquis Townshend. Vol. IV. London: 16, Southampton Street, Strand.

We have frequently noticed our useful contemporary, which we regard as a useful ally rather than as a rival. We are pleased to note its progress. The volume before us contains a mass of suggestive matter interesting to all social reformers.

RECEIVED.

Monthly Letter of English Anti-Narcotic League (gives interesting annotations on current events).—*Why am I a Vegetarian?* by J. S. Herron, Belfast (a sensible defence of the regimen).—*The Mortality from Intemperance*, by Dr. Norman Kerr (The writer's conclusions are of a startling kind).—*John Bull, a New Temperance Entertainment*, by J. Price; Newcastle-on-Tyne, J. W. Swanston (Superior to most attempts in the same line).—*The Decline and Fall of Farrandale, a Temperance Poem* (An attempt to convey important facts in rhyme).—*The St. Mark's College Miscellany*, Jan., Feb., and March, 1880; St. Mark's College, Peckham (This unique educational magazine maintains its position, and bids fair to become a permanent publication; both it and the school from which it emanates deserve to be widely known).—*The Lay Preacher;* London, F. E. Longley; and the *Temperance Worker;* London, 337, Strand (Both these magazines are edited by our esteemed contributor the Rev. F. Wagstaff, F.R.H.S.; in their departments there is nothing superior to them, and nowhere else can so much information be found within so small a compass).—*The Liberal World.—The Band of Hope Chronicle.—The Kentish Templar.—The Sentinel.—The Vaccination Inquirer.—The Sunday Review.—The Herald of Health.—The Educational Chronicle* (A new weekly, conducted with great spirit).—*The Inventor and Patentee.—The Sanitary Engineer* (An old friend with a new title, but ever welcome.)

WOODMAN, SPARE THAT TREE.—In the year 1864 there died an American poet named George P. Morris, whose fame principally rests upon the well-known and once extremely popular song, "Woodman, spare that tree." This song first appeared in a volume of poems published by Mr. Morris in 1830. Now in 1802 there appeared in the *Morning Chronicle* a poem by Thomas Campbell, afterwards included in his collected works, entitled "The Beech Tree's Petition," which bears a very remarkable resemblance indeed to Mr. Morris's "original" song. The first lines of Campbell's poem are these:—

"O leave this barren spot to me;
Spare, woodman, spare the beechen tree."

And these lines conclude each stanza. The opening lines and the refrain of Mr. Morris's song are as follows:—

"Woodman, spare that tree,
Touch not a single bough;
In youth it sheltered me,
And I'll protect it now."

The sentiments in the two poems are almost identical, though Campbell's are incomparably the more gracefully and poetically expressed. If Mr. Morris had never seen Campbell's verses, the resemblance is, I think, a very "curious literary concidence." I wonder whether any comment were made upon it at the time Mr. Morris's song appeared.—"W. D.," in *Notes and Queries.*

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME."

To the Editor of "HOUSE AND HOME."

SIR,

I feel sure you will excuse a little *friendly* criticism on some of the contributions to your most excellent serial, *House and Home.* I think it full of most important information, and am constantly recommending it to all my friends as a serial so suited to the need of the people. The advice that it gives on all subjects is very good up to a certain point, but I should fear it must rather injure itself by being so very *ultra.* I will give examples of what I mean. They recommend our giving up (not eating or drinking in moderation) animal food, wine, all kinds of malt beverages, tea and coffee, &c., and feeding only on vegetables, roots, fruits, Scotch oatmeal, and such like things. Supposing the whole population of England, with its 30,000,000, followed this advice for a few weeks only, where would the supply of the food they recommend come from to feed this vast population? Again, they say that the organisation of the human frame is not adapted to feed on flesh, but surely the mouth being so strongly lined with teeth disproves this assertion. If the Almighty intended the human race to feed on roots and fruits, &c., &c., He would not thus have provided us with two rows of strong teeth. Besides which, immediately after the flood flesh was the food provided by the Lord Himself. "Every thing that liveth shall be meat for you."—Gen. ix. 3. The advice they give on the injury done by wearing tight corsets is much needed; but when they recommend ladies entirely to throw aside their corsets, they overshoot the mark they aim at, for they little know the weakness of the female spine, which requires some support. Again, Dr. Richardson recommends that women should be dressed entirely as men, with the exception of the outer garment. Now, this is such an *ultra* piece of advice that it would require the greatest revolution that the world ever saw for it to become popular. These few hints are entirely in a friendly spirit, wishing the little serial every success, and hoping that its being so *ultra* will not injure its sale. The advice they give on hygiene, ventilation, &c., is very, very good. I trust its circulation may ever increase.

I am, sir,
Yours truly,
EMMA BAKER.

Brighton, March 22nd.

THE EFFECTS OF COLD.—M. Colin has recently published some interesting researches on the effect of various refrigerating media on the temperature of the skin in animals. Those exposed to the action of cold air presented different effects according to the species of the animal, and examination showed that if the cold air lowered the temperature of the skin considerably they rapidly died, whereas if the cold did not affect a notable diminution in the temperature of the skin, it was well borne, and appeared even inoffensive. After establishing this law, M. Colin confirmed it by exposing dogs and rabbits for a certain number of hours or days to the severe cold of last December. He found the temperature, even at the surface, remained nearly normal. Young animals, on the contrary, placed under the same conditions, became rapidly chilled and died, although their skin was well covered with hair—a proof that the latter is only one element in the question. If the animal, instead of being placed in the open air, is enclosed in a hut of ice, it manifests great power of resistance, and even after some hours may present a temperature almost equal to that existing at first. Placed in snow, there is a considerable chilling for some hours, followed by a strong reaction, so that after twelve hours the temperature scarcely differs from the normal, and even in the rabbit it presents a fall of only one degree. On the other hand, young animals placed in the snow die rapidly. Hence, we must assume that, under these circumstances, as in the open air, the resistance to cold in the animal is due to different factors, among which the presence of a thick, furry coat, is an important, but by no means the only one.—*Lancet.*

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

Tis said th' offending man will sometimes sigh,
And say, "My God, in what a dream am I?
I will awake;" but as the day proceeds,
The weakened mind the day's indulgence needs.
Hating himself at every step he takes,
The mind approves the virtue he forsakes.
And yet forsakes her. Oh, how sharp the pain,
Our vice, ourselves, our habits to disdain,
To go, where never yet in peace we went;
To feel our hearts can bleed, yet not relent;
To sigh, yet not recede; to grieve, yet not repent.

Crabbe's "Tales of the Hall."

Trust not to the omnipotency of gold, and say not unto it, "Thou art my confidence." A slave unto Mammon makes no servant unto God. Covetousness cracks the sinews of faith, numbs the apprehension of anything above sense, and (only affected with the certainty of things present) makes a peradventure of things to come; lives but unto one world, nor hopes for, but fears, another; and makes their own death sweet unto others, bitter unto themselves.—*Sir Thomas Browne.*

Woman is the masterpiece of the universe.—*Lessing.*

Do good with what thou hast, or it will do thee no good.—*Penn.*

He who keeps a monkey should pay for the glasses he breaks.—*Selden.*

Nothing more detestable does the earth produce than an ungrateful man.—*Autonius.*

A propensity to hope and joy is real riches; one to fear and sorrow, real poverty.—*Hume.*

Endowed with an insinuating charm, woman by her presence alone is beautiful.—*Daniel Stern.*

Hope is a lover's staff; walk hence with that, and manage it against despairing thoughts.—*Shakespeare.*

In judging others we can see too well
Their grievous fall, but not how grieved they fell;
Judging ourselves, we to our minds recall,
Not how we fell, but how we grieved to fall.

Crabbe.

Great minds, like Heaven, are pleased in doing good, though the ungrateful subject of their favours are barren in return.—*Rowe.*

It is only necessary to grow old to become more indulgent. I see no fault committed that I have not committed myself.—*Goethe.*

It is the bounty of nature that we live, but of philosophy that we live well; which is, in truth, a greater benefit than life itself.—*Seneca.*

True fortitude is seen in great exploits, that justice warrants, and that wisdom guides; all else is towering frenzy and distraction.—*Addison.*

Like the body, the mind wearies more from the want of action than excess of it. Fatigued by trifles, we find relief in graver thoughts.—*Bovee.*

Homeliness has this advantage over its enemy, beauty. It is, that it is as difficult for an ugly woman to be calumniated as for a pretty woman not to be.—*Stahl.*

There are women who are powerful by the tone of their voices alone. They touch and move the heart, and we love them before even thinking of looking at them.—*Saint Prosper.*

The human race are sons of sorrow born, and each must have his portion. Vulgar minds refuse, or crouch beneath their load; the brave bear theirs without repining.—*Thomson.*

It is much easier to ruin a man of principle than a man of none, for he may be ruined through his scruples. Knavery is supple, and can bend, but honesty is firm and upright, and yields not.—*Colton.*

He lives long that lives well; and time misspent is not lived, but lost. Besides, God is better than His promise, if He takes from him a long lease, and gives him a freehold of better value.—*Fuller.*

THE HOUSEWIFE'S CORNER.

CONSUMPTION AND DIPHTHERIA.

The inhalation of the benzoate of sodium in phthisis continues to attract attention in Germany. Professor Rokitansky of Innspruck was the first to advocate it, and Dr. Winternitz and others who had visited his clinic report upon it very favourably. They aver that nearly all cases improve upon it, at least at first. This result is categorically denied by many other observers. Its success as an agent in diphtheria is attested by Dr. Letzerich of Berlin. The pseudo-membrane is dusted with powdered benzoate, applied through a glass tube or quill, two or three times a day. Older children may use a gargle of one part or twenty. The temperature and pulse together decline under this treatment. The pseudo-membrane contracts and becomes thinner and more transparent.

APPLE PIE.

One quart of grated apples; add to it a quarter of a pound of melted butter, half a pound of white sugar, cinnamon or any other spice, yolks of eight eggs beaten, then the beaten whites. Have the pie-dish lined with puff-paste, fill up with the apple mixture and bake.

CITRON PUDDING.

Beat until very thick and light the yolks of sixteen fresh eggs; stir in gradually, beating all the time, three-quarters of a pound of sugar; then mix in three-quarters of a pound of melted butter from which all the salt has been previously washed. Now line two deep pie plates with puff paste. Cut into thin slices some preserved citron and lay closely over the pastry, leaving a margin, of course, around the edges. Fill with the batter, and bake in an oven where the heat is regular, but not too great. When drawn from the oven sift over them some finely pulverised white sugar. They are good whether eaten hot or cold, and are considered the most dainty and delicate of all puddings.

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PORTRAITS.

The following Portraits are in preparation:—

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RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
MR. JAMES BEAL.
W. H. SMITH, Esq., M.P.
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HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

No. 65, Vol. III.] SATURDAY, APRIL 17th, 1880. PRICE ONE PENNY.
Registered for Transmission Abroad.

DEAN STANLEY.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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DEAN STANLEY.

THE portrait of the popular Dean of Westminster will be welcome to the readers of *House and Home*. The Very Reverend Arthur Penrhyn Stanley, D.D., son of the late Dr. Stanley, Bishop of Norwich, was born in 1815. He was educated under Dr. Arnold at Rugby, and commenced a distinguished career at Oxford by obtaining a scholarship at Balliol College, and shortly afterwards the Newdigate Prize for his English poem "The Gipsies." After carrying off the Ireland Scholarship, he took a first class in classics in 1837, gaining the Latin Essay Prize in 1839, and the English Essay Theological Prizes in 1840, when he was elected a Fellow of University College.

For twelve years he was tutor of his College, and Select Preacher in 1845-6 ; secretary of the Oxford University Commission, 1850-52 ; Canon of Canterbury from 1851 to 1858 ; and Regius Professor of Ecclesiastical History at Oxford, and Canon of Christchurch and Chaplain to the Bishop of London, from 1858 to 1863, when he became Dean of Westminster. In February, 1871, he received the degree of LL.D. from the University of St. Andrew's, and he took part in the proceedings of the "Old Catholic" Congress at Cologne in 1872. In December of the same year he was elected one of the Select Preachers at Oxford, by 349 votes against 287, and he was installed Rector of St. Andrew's in 1875.

Dean Stanley has been a prolific writer ; his first literary work, the "Life of Dr. Arnold," was published in 1844, and it established his fame as an author. This was followed by "Stories and Essays on the Apostolic Age," 1846 ; "Memoir of Bishop Stanley," 1850 ; "The Epistles to the Corinthians," 1854 ; "Historical Memorials of Canterbury," 1854 (sixth edition, 1872) ; "Sinai and Palestine in Connection with their History," 1855 ; "Sermons on the Unity of Evangelical and Apostolical Teaching," 1859 ; "Sermons on Various Subjects Preached before the University of Oxford," 1860-3 ; "Lecture on the History of the Eastern Church," 1861 (fifth edition, 1869) ; "Sermons Preached in the East," with an appendix on his second visit to Palestine, with H.R.H. the Prince of Wales, 1862 ; "Letter to the Bishop of London on Subscription," and "Lectures on the History of the Jewish Church," 2 vols., 1863-65 ; "Encouragements of Ordination," and "Reasonable, Holy, and Living Sacrifice," 1864 ; "Creation of Man," 1865 ; "Sermon—Dedication of Westminster Abbey, the 800th Anniversary," 1866 ; "Historical Memorials of Westminster Abbey," 1867 (third edition, 1869) ; "The Three Irish Churches," 1869 ; "Essays on Church and State," 1870 ; "The Athanasian Creed," 1871 ; "Lectures on the History of the Church of Scotland," 1872 ; and "Sermons and Essays on the Apostolical Age," 1874. Dean Stanley has contributed numerous articles to reviews and magazines, and many papers to Dr. Smith's "Dictionary of Classical Biography" and "Dictionary of the Bible," and also to the "Transactions of the Archæological Institute."

The liberality of the Dean is proverbial. He loses no opportunity of showing that his sympathies are not confined to his own communion. He has united with Nonconformists in doing honour to Baxter, Bunyan, and other eminent divines outside the Established Church. Last week the Dean was expected to take part in the Channing Centenary Meeting, held in London ; and Dr. Martineau gave the following explanation of his absence :—

"I may venture to say one word in behalf of the Dean of Westminster. (Applause.) I the more readily spoke to him about this meeting some weeks ago because he told me that when he was in America he believed he never preached a single sermon without mentioning the honoured name of Channing. I knew therefore that he felt an interest in the works and in the life of Channing. When this occasion was named to him he took it up with great interest and zeal, entered it in his diary as an engagement, and most fully intended to be with us this night. But afterwards I had a letter from him in which he explained that a very unusual pressure of work had considerably broken him down, and unfitted him for the pressure of the season coming on in London, that he found it was absolutely necessary for him to seize some opportunity of quitting London and being in the country. The only days that were at his disposal for that purpose were, unfortunately, precisely the days including this meeting. He is now in the island of Guernsey for the sake of a little refreshment, and he writes to me begging me to explain this matter, and to say that he trusts that neither within nor without the limits of the Church will his absence be mistrusted or misunderstood. (Applause.)"

With the people, too, he is a great favourite. It is one of his chief delights to conduct parties of working men through the venerable Abbey, pointing out to them the most interesting historic relics, and describing, as he alone can, incidents of by gone times. He takes an active interest in working men's clubs, coffee-palaces, temperance societies, and other agencies for the social elevation of the masses—thus proving that in his view the duty of a divine towards his fellows does not end with attending to their spiritual needs, but extends also to their social and material amelioration.

There is this of good in real evils, they deliver us while they last from the petty despotism of all that are imaginary.

ON BULK IN FOOD.

We require, each of us daily—*i.e.*, an average man requires, to keep himself in full working strength—so much carbon, so much nitrogen, so much phosphorus for the brain, and so much mineral matter for the bones. Very well. Suppose we ask the chemist to manipulate these materials for us, and to weigh them out to the precise number of grains. Surely an excellent plan. Why not pay our chemical professor for looking after the growth and culture of our material bodies as we pay our clerical professor for looking after the growth and culture of our spiritual bodies, and rid ourselves of a world of trouble and responsibility? Yes, why not? The merits of both plans might be fairly canvassed, and probably both would fail.

At any rate, we should find our chemical plan fail us utterly, and for several reasons, but for one reason with which we are just now concerned—that of bulk. For there is a law of bulk in food. The conventional dinner of beef steak or mutton-chop furnishes the conventional diner with a plentiful supply of nitrogen in combination with some carbon, water, and some waste products, about which it is not comfortable to inquire too closely. Surely that must supply the wants of the body in an admirable manner. But no, our conventional diner is not content with these. Nitrogen and carbon are both present, it is true, but that is not enough. He requires more than these—bread, potatoes, and water, if not a darker fluid, are the customary accompaniments to the thus confessedly incomplete food. Being a stranger to a natural diet, he adopts in preference this somewhat clumsy method of man's invention, to produce his rough-and-ready scientific combination of nutriment. In the social system of which he forms a part, wealth and idleness, and luxury, have become gradually and increasingly prevalent. Just in the same degree and within the same circle of existence has the old-time occasional and partial use of flesh food come to be frequent, and widespread, and systematically catered for, as a daily, or even twice-daily want. Just in proportion as the fashionable follies, paleness of complexion, and whiteness of bread, have invaded our too thoughtless minds, so has the call for flesh food become louder and more insatiable; and precisely coincident with the adoption of the abnormally nitrogenous flesh product on our tables, has that comparatively worthless but bulky tuber, the potato, grown in public favour. The potato, with its congeners, the innutritious cabbage, carrot, or turnip, is in truth a God-send to the flesh-eater, who could not continue his favourite indulgence with any comparative immunity, without its fortunate aid. Preferring a crooked path to a direct one, he is thus enabled to follow, for a longer period, the crooked path which he prefers.

So in the matter of his bread, which he has so debased that it is no longer the staff of his life; no longer the delicacy and charm of his table. It is a pale, starchy, sour compound, only tolerable while nearly fresh, and dry and harsh with but two or three days' age. It is another instance of violation of the law of bulk. A ripened grain of wheat is a model food—pure, beautiful, and perfect. A quantity of such grains, clean, freed from this chaffy covering, freshly ground, freshly baked by the maid or mistress of the household, give a sweet and brown wholesome loaf or cake, on which any hungry man could dine with satisfaction, or live for any length of time. The same grains robbed of a valuable portion of their elements, probably with the addition of foreign substances, done into dough by the journeyman baker, in a semi-underground and not always cleanly apartment, and such sweetness and virtue of the grain as remains in it largely abstracted by fermentation, yield a loaf of striking paleness and poverty, on which nobody would care to dine, destitute of the *staying* power indispensable for any serious work, and on which nobody could live, but would quickly starve if he attempted to do so. Why? Because the natural law has been broken, elements united in the divine chemistry of Nature have been divorced, the normal bulk of the product has been violated.

Take one more instance—that of sugar. Now "sugar" is a constituent of all well-ripened fruits and grains. Sugar is highly nutritive. All such foods, therefore, in their normal state, are wholesome and acceptable to persons possessed of pure tastes and healthy appetites, and to such persons are acceptable to the full extent needed for the satisfaction of hunger. But does it follow, then, that the white crystallised product contained in the glass vessel which appears on every tea-table, and is found in the cupboard of every housewife, is equally wholesome, safe, and nutritive? By no means. This is a perilous—ay, a pestilent error. Yet this product, likewise designated "sugar," is plentifully infused into our morning coffee and our afternoon tea; is sprinkled over our plate of porridge (though not by Scotchmen); is an ingredient of most puddings; and an accompaniment of every dish of prepared fruit in all its forms.

Clearly, then, *manufactured sugar* is an abnormal product, prepared by artificial aids, and used in abnormal proportion by *mechanical mixture* only. *Natural sugar* is a perfect food normally produced and combined in due proportion and bulk. Let any one who wishes to know what sweetness is suck it for himself from the sugar-cane, nor need he be surprised at the lively appearance, and brilliant, sound teeth of his dark brown brothers, to whose aid we are indebted for the culture of this very remarkable of grasses.

Every reader may note for himself the most persistent violations of the law of bulk throughout the popular dietary. Our households are supplied with sundry extracts, as arrowroot, hominy, tapioca, cornflour, &c., all starches, all enhanced in cost and diminished in nutrition by the manufacturing processes to which they have been subjected, and all, therefore, in themselves incomplete, and needing the addition of the model vegetable diet, milk, and of other products, to clumsily repair, in some small measure, the accurate and beautiful chemistry of Nature. How few housewives know how to boil and serve a potato, generally preferring the laborious process of sitting by a dish for some considerable time, paring off their skins, and then, after boiling, presenting them at the table, minus much of their valuable salts (which has been foolishly boiled out, and which cannot be replaced by table salt), insipid enough in themselves, unless after the addition of salt, butter, &c., or along with the customary ration of flesh.

So, too, with other vegetables. Yet how strangely we strive against the sweet simplicity of our Heavenly Father's bounty. How lovingly and wholesomely our beneficent Mother Nature blends and flavours for us; but we harden our hearts and will not have of these blessings. "Oh, taste and see how gracious the Lord is." Oh, for that Divinest Grace, that men would be converted and begin anew to live righteously!

R. Bailey Walker, F.S.S.

HINTS ON HOUSE-CLEANING.

By Florence H. Birney.

Every Spring there is a great deal of talk in the newspapers about the miseries men endure in house-cleaning time. It appears to be taken for granted that this period is one of great delight to the women, yet I will venture to say that not one of them finds it a season of unalloyed bliss. They like to have the house thoroughly clean from top to bottom, but the process is not at all charming. Yet knowing that it must be done, they make the best of it and don't spend time grumbling over what cannot be helped. Surely the men have little room to find fault if the women can be patient, for the former are away all day long, as a rule, and the bustle and flurry is over when they return at night, and only begins again when they are once more "off to the office," where buckets, soapsuds, and sand-paper are seldom seen.

But the housekeeper must be in the thick of the work all day or it will not be properly attended to. She must superintend the washing of the paint and the taking up of carpets, and attend to her usual daily duties as well, that the meals may be properly served, and no waste of her substance be carried on by cook or housemaid. Perhaps she is her own cook and housemaid, and then matters are worse, for her hands are fuller than any hands ought to be, her mind burdened as no woman's should be. What wonder if her temper is not of the sweetest by the time night comes? Is it strange that there are lines of care on her forehead? It is a greater relief to her than to her husband when house-cleaning days are over, and the buckets and extra brushes are stowed away in the cellar. But a few hints about house-cleaning may help the tired housekeeper and give her new ideas about this distasteful work.

In the first place, system will conduce to expedition and comfort. It is best to begin at the attics and "clean down." The job of taking up and beating carpets had better be given to a man who understands the work, and will do it well. It is such a trouble to have the carpets taken up, that they should be well cleaned when once they *are* up.

But sometimes it is not convenient to have a man take the job, and then the novice must attempt it. The carpet should be laid on the grass, or hung on the clothes-line, and beaten with smooth sticks having no sharp points. Then it should be swept on the right side with a perfectly clean broom; if Brussels or velvet, must be swept with the pile. Then wipe it with a flannel wet in clear, lukewarm water, washing the flannel out in another pail of water every time it is soiled; then wipe the carpet dry with fresh, dry cloths. This will raise the frill and freshen the colours. If the carpet is very dirty, ox-gall in the water—a quart of gall to three quarts of water—will be found of much service in cleansing it quickly and well.

Oil-cloth should be dried as it is washed, or it will be blistered when the work is done, and the water should be frequently changed. Yellow soap, a good brush, and a piece of dry flannel, will make an oil-cloth look like new, particularly if linseed oil is well rubbed on after washing.

Ammonia is an excellent thing to use in house-cleaning time. A tablespoonful to a quart of water is a good proportion, and there is nothing like it for cleaning bare floors and woodwork.

We use whiting for cleaning paint, and find it better than either soda or soap. Wet a flannel and dip in the box of whiting and then rub. One who has not tried it will be surprised to see how nicely it works.

Very frequently the wall-papers over the sofas in parlour or dining-room are disfigured by the heads of people who use pomatum or oil on the hair. These marks may be removed if well but carefully rubbed with a dry crust of bread.

The early days of June should herald vigorous and exterminating warfare against moths. Closets, wardrobes, all receptacles for clothing, should be emptied and laid open, their contents thoroughly exposed to light and air, and well brushed and shaken before being replaced. In old houses, much infested with moths, all cracks in floors, wainscots, shelves or furniture, should be brushed over with spirits of turpentine.

Camphor or tobacco should be placed among all garments, furs, plumes, &c., when laid aside for the summer. The cloth linings of carriages frequently are attacked by moths. To insure against this, sponge the cloth with a solution of corrosive sublimate of mercury in alcohol, made just strong enough not to leave a white mark on a black feather.

Moths may be killed by fumigating the article containing them with tobacco or sulphur, or by putting it, if practicable, into a hot oven.

A linen over-carpet in the summer is cool, and helps to keep away moths. If a carpet is not to be taken up and beaten, the edges should be loosened and insect powder plentifully sprinkled under it. If a nest is found the moths should be killed and a hot iron pressed on the spot to destroy the eggs.

Newspapers under carpets will prove a saving in wear and tear, and the printer's ink is an excellent moth preventive. Furs can be kept free from these subtle pests by being put in brown paper bags, sewed up tightly, and then wrapped in newspapers.

The wall paper in every room should be swept down with a broom covered with a cloth, and in house-cleaning time the beds should receive thorough attention. Every corner and crevice should be washed with carbolic soap suds, and all nail holes filled up with putty. Use insect powder freely, if vermin are suspected, and an occasional wiping of cracks with a feather dipped in kerosine will prove very effectual.

THE BUILDING EXHIBITION.

At the Agricultural Hall, on Monday last, a novel exhibition was opened—at any rate, as far as London is concerned. The object of the promoters is to bring together, as well as possible, specimens of the various articles used in the construction of dwelling-houses, both mechanical and artistic, and also to add those which tend to comfort and convenience.

The articles displayed are divided into eight classes—No. I., comprising wood, joinery, &c.; No. II., bricks, stone, and concretes; No. III., machinery, still and in motion; No. IV., terra cotta, glass, portable decorative articles, wall-papers, paints, and varnishes; No. V., builders' ironmongery; No. VI., sanitary appliances; No. VII., constructive ironwork; and No. VIII., marble chimney-pieces, stoves, and general castings, in addition to which some forty-five exhibits, which do not come directly within the class, occupy stalls in the annexe. In the first class twenty-nine firms exhibit articles of their particular manufacture. Messrs. G.

Bartholomew and Co., of Ropemaker Street, have a large space devoted to the display of furniture suitable for every room in a house, among which are many articles of elaborate design and workmanship; Messrs. Richard Evered and Co., gasfitters, of Holborn Viaduct, have made their stall in the middle of the building resplendent with fine stained glass lanterns, shade lights, hand-painted tinted globes, polished chandeliers, bell-fittings, and brass and wood cornice poles, and Messrs. J. Avery and Co., of 81, Great Portland Street, exhibit window-blinds and window-blind materials in vast variety. Among many other interesting articles is a model of an improved window-sash, which by a very simple contrivance affords security and ventilation, and enables cleaning operations to be carried on without the necessity of getting outside the window; this last-mentioned object being attained by opening the window downwards into the room. Messrs. Verity Bros., of Euston Road, exhibit their patent ventilating apparatus; Messrs. O'Connor, of Wavertree, their patent hinges and locks; Messrs. Esdaile and Co., of Wenlock Road, City Road, their Swedish and American doors, sashes, &c.; and Messrs. Colman and Glendonning, of Norwich, their desks for all persons and purposes. In Class II. there are eighteen exhibitors, many of whom make very fine displays of their respective wares. Perhaps the most noticeable among them is that of Mr. W. H. Lascelles, of Bunhill Row. This is a structure to show the system of building by means of concrete slabs in place of ordinary bricks; a fireproof ceiling and floor in one, made of the same material, concrete sashes, chimney-pieces, &c., both plain and ornamental, to represent carved stonework, and baths and other articles of domestic use in both red and white. The firm claim by way of recommendation for their inventions, durability, cheapness, non-inflammability, and imperviousness to damp. Messrs. Eastwood and Co., of Belvedere Road; Messrs. Elliott, Bromfield and Co., of Hove; Messrs. J. Cliff and Sons, of King's Cross; and several other firms make a fine show in this class. In Class III. are to be found small engines and machinery of all descriptions, including horizontal engines, vertical engines, dinner-lifts, gas engines, chimney-sweeping machines, pumps, chemical fire-engines, wood-planing machines, &c., the principal exhibitors being Messrs. F. W. Reynolds and Co., of Southwark Street; Messrs. Thomas, of Cardiff; Messrs. Hindley, of Bourton, Dorset; and Messrs. Crossley Brothers, of Queen Victoria Street. In Class IV., which is devoted to the decorative portion of the building trade, are to be seen some very fine specimens of wall-papers by Mr. George Haito, of 152, Marylebone Road; and Messrs. Jeffrey and Co., of 64, Essex Road; of ventilating grate-screens, by Messrs. Slater, of Bristol; and vases, globes, window-glass, and Japanese articles by Mr. Funkensztein, of Southampton Row. Specimens of Parquet flooring, imitation marbles, basso-relievos, stains, paints, pneumatic bells; Messrs. Engert's apparatus for the improvement of sound; and Messrs. Ransome's patent luminous paint, with an infinity of other articles, go to make up a very interesting class of exhibits. The other classes in the exhibition are all well represented, and bring up the total number of stalls to considerably over 300. Those possibly most deserving of mention are the fine display of marble chimney-pieces and grates by Messrs. Yates, Haywood and Co., of Upper Thames Street; a similar show by Messrs. Wells and Co., of Shoreditch; and a fine collection of tile grates, of very artistic design, by Messrs. Steel and Garland, of Holborn Viaduct. Messrs. Steven Brothers and Co., of Upper Thames Street, exhibit several fine specimens of their handiwork, in the shape of kitchen ranges, stoves, baths, &c.; and Messrs. Ritchie and Co., of St. Swithin's Lane, their patent gas heating, and lighting, and ventilating apparatus, in which all noxious vapours are carried off by a process of condensation. Messrs. Richardson and Co., of Darlington, who gained the silver medal for greenhouse ventilation at the Horticultural Society's show last year, exhibit several models of greenhouses fitted with their patent system of ventilation; a specimen of the French chain blind for greenhouses, and their tubular boiler for heating hothouses, public buildings, &c.; while ventilating tubes, draft excluders, patent syphons, a process for increasing the illuminating power of gas, electric bells, telephones, speaking-tubes, corrugated roofing, ornamental ironwork of every description, and a vast number of articles too numerous to mention, make up what should prove an interesting and useful exhibition.

We are informed that the success of the Exhibition has led its promoters to extend the time during which it will remain open from a week to a fortnight. It will close on Saturday next, the 24th inst.

ADVICE TO HOUSEWIVES UPON BUYING.

THE mother of a family and the mistress of a household who desire to provide liberally, and at the same time economically, for home requirements, will do well to make a constant practice either of going herself or of appointing some judicious, experienced person to go for her to purchase what is needed at the market or the shop. The arrangement by which the tradesman calls daily at the house for orders is a good one for the tradesman, but it is a bad one for the customer. True, the custom is a convenient one, but it is a convenience which is expensively purchased. The organs of sight and smell are the best helps in the selection of food. When the customer is herself the chooser, it is her own fault if she permits inferior articles to be forced upon her. Besides this, she may discover that from some arbitrary cause or another an article that would in a general way be beyond her means is to be had at a low rate, and so an unexpected treat may be given to her family. This she would never have found out if she had simply given an order to the man at the door. When the tradesman is the chooser, he is strongly tempted to rid himself of that which is most in his way, and though for his own sake he would not do this to a very good customer, there are very few tradesmen who would not try it upon a small and inexperienced one.

The wise house-mother will also endeavour to pay ready money for what she buys; and will avoid "little bills" and open "accounts" as she would waste and extravagance. All money is worth interest, and she who buys goods on credit is getting the benefit of another person's money, and will have to pay interest for the same. And this she will surely do, even though the item does not appear in the bill. A tradesman soon forms his opinion of a customer, and the one who pays at once will have the advantage. Besides, those who pay ready money for what they buy are less likely to purchase extravagantly than those who go upon credit. Supposing there are no debts, the amount of money in hand is the measure of the right to purchase, and when every little article procured has come out of this, "unnecessaries" are soon put in their proper place.

Those who, in supplying the wants of a family can purchase certain articles in large quantities and at certain seasons, have before them an opportunity of saving considerably. So many articles of domestic consumption are sold cheaper in this way. Potatoes, for instance, may frequently be obtained for one-third less if bought by the sack than by the pound. Apples, too, are much cheaper if bought by the bushel. Soap may be bought advantageously by the hundredweight, and if cut up and well dried, it will go twice as far as if it were used when soft and new. Coals should certainly be laid in at the end of summer for winter use. Things that will not keep, such as butcher's-meat, milk, bread, &c., must of course be bought as they are wanted.

The *best* article of its kind is almost sure to be also the *cheapest*. This is especially the case with food, which is unfortunately so much adulterated. The best safeguard is to purchase commodities, especially those the quality of which cannot readily be determined, of a respectable dealer, whose honesty will be a surety for the excellence of his goods.

The following rules may prove of use to the inexperienced housekeeper about to make purchases:—

Good *Beef* has the lean of a deep-red colour, smooth and open-grained, with fat firm and pure, and more white than yellow, and running in thin streaks through the flesh. Beef is the best and cheapest from Michaelmas to Midsummer.

The best *Mutton* is dark-coloured, and has a fine grain well mixed with firm white fat. Wether-mutton is the best. It is to be preferred from Christmas to Midsummer.

Veal should be quite fresh. The flesh should be white, approaching to pink, and the fat firm. The kidneys ought to be covered with fat, and the veins in the shoulder bright-red or blue. When the head is fresh the eyes are plump and bright. Veal may be had all the year, but is best from May to September.

Pork, if fresh and young, has the rind smooth, the flesh and fat white and firm. If the fat has a clammy and greasy look, and is mixed with little lumps and kernels, the pork is bad.

Lamb.—Quarters of lamb should be short and thick. If the shoulder has little flesh upon it, the lamb is not fine. The vein in the forequarter ought to be bluish and firm. If it is yellow or of a green tint, the lamb is

very stale. The neck of lamb should be fat, the eyes bright, the kidney fresh and sweet. House lamb is in season from Christmas to April. It is considered more delicate than grass lamb, which can be had later in the year. The latter is more full of flavour.

Poultry is young when it is smooth in the legs and short in the spur. When the eye is sunk and the vent tainted, the bird is stale. Dishonest poulterers often cut and shorten the spurs. Black-legged fowls have often the most flavour. White-legged ones have the best appearance.

Turkeys, if young, have the legs smooth, the spurs short, the eyes fresh, and the feet flexible.

Game.—The age of birds may be known by the softness of their quills. Females are more tender and juicy than males. Amongst wildfowl, those that have the finest plumage are the worst for eating. If the sinews of the leg are stiff, the birds are old. If hares and rabbits are young, the ear will tear easily, and the jawbone can be broken between the finger and thumb. The spurs in old pheasants are long and sharp; in young ones they are short and blunt. Before Christmas the legs of old partridges are light blue instead of brown. If the flesh about the vent is of a livid colour, game is stale.

Venison should be thick and firm in the fat, the flesh should be dark, fine-grained, and firm. The clefts and claws are close and smooth in the young animal.

Ham and *Bacon* are good when the smell is pleasant, when the lean is clear and not streaked with yellow, and when the flesh adheres firmly to the bone.

Fish.—In fresh fish the gills are open, red, and smell sweet, and the eyes are bright and plump, the fins light and close. Fish that are well covered with scales are generally fresh and good. All kinds of fish are best when freshly caught. White fish is the most digestible; red fish the richest. Round fish, such as salmon, trout, whiting, haddock, mackerel, herrings, and eels, *must* be perfectly fresh. Flat fish, such as turbot, halibut, and skate, may be kept for a short time only. Shell-fish, if not perfectly fresh, is very unwholesome.

Crabs and *Lobsters* should be judged by their weight; if light, they are watery. Medium-sized fish are the best.

Cheese and *Butter* should be tasted.

Brawn.—If the brawn is old, the rind is thick and hard.

Pickled Salmon.—The liquor should be pure, and of a good flavour. The fish should smell sweet, and be of a bright colour.

Soaps, candles, dried fruits, spices and starch, improve with keeping.

Rice, vermicelli, macaroni, semolina, pearl barley, tapioca, and similar articles, soon spoil, and should therefore be bought in small quantities. Coffee also is much better for being freshly roasted and ground. It quickly loses its aroma after being exposed to the air. — *Cassell's "Domestic Dictionary."*

Show Furniture.—Furniture too good to be used is a nuisance. Nought is more unpleasant than the aspect of a room, or a suite of rooms, where everything is *bagged up*. Chairs in pinafores, mirrors in muslin, a *druggetted* carpet, a hearth-rug wrong side out, and a chandelier in a sack, seen by rays of light that straggle in edgeways through slits in the shutters, and exhaling that peculiar brown-holland fragrance which belongs to drawing-rooms in masquerade dress, form one of the most cheerless, dispiriting, *unhumanlike* spectacles in the diorama of domestic life. We would as lief be ushered into a vault as into such an apartment. Nothing can be more chilling to the feelings, except a perspective view of the family wash taking an airing on the clothes-lines. Why do people buy magnificent furniture to clothe it in hideous disguises? Does the glory of exhibiting the article undressed half-a-dozen evenings in the year pay for all the cost and trouble? The miser enjoys the flashing lustre of his gold every time he lifts the lid of his strong box; but what pleasure can there be in possessing a species of property that is invisible to the owner three hundred and fifty days out of every three hundred and sixty-five? Give us the furniture that is made for *wear*—tables upon which you can bring down your fist with an emphasis without throwing the lady of the house into hysterics—chairs you can lean back in—carpets that you can promenade upon—in a word, give us comfort, and let us *wear things out*. It is provoking to see chairs and sofas preserved for years without spot or blemish, while the wrinkles are multiplying in the face, and the grey hairs on the head, of the proprietor. For these and sundry other reasons, we have an especial spite against show furniture. —*Major Noah—American Paper.*

THE CINCINNATI SCHOOLGIRL, MR. LONGFELLOW, AND DR. OLIVER W. HOLMES.

The following correspondence relating to the celebration of Mr. Longfellow's birthday at the Cincinnati Schools will be read with interest:—

"Dear Mr. Longfellow,—We have a custom in our public schools of celebrating the birthdays of the great poets of the day. Last month we celebrated J. G. Whittier's. A little girl wrote to him, and he sent her a very nice letter. As we are going to celebrate your birthday, it would gratify myself and classmates very much to have a letter from you, even if it is a short one. I am a little girl, only thirteen years old, and of course am not familiar with much poetry, but hope to be when I grow older. I hope it will give you pleasure to know that we little schoolgirls in Cincinnati will all be thinking of you on the 27th of February, 1880.

"Your affectionate little friend,
"C. E. M."

"Cambridge, Jan. 29th, 1880.

"Dear Miss M——,—Yes, indeed, it will be very pleasant for me to remember that the schoolgirls of Cincinnati are thinking of me on my birthday. Few things can be more pleasant, and I assure you that when the day comes I will think of you all with equal kindness. The old can understand the young, having once been young themselves. But the young cannot so well understand the old, having never themselves been old. So perhaps you will not quite understand with how much sympathy I can enter into your feelings, and particularly when you tell me you are going to celebrate my birthday. You will have your pleasure in doing it, and I shall have mine in thinking you are doing it. Which will be the greater pleasure? I do not know, and you do not know, and nobody can tell us. We will put it all together and each one shall have an equal share. And now I must pay you a little compliment on your nice letter, and tell you how much it has pleased me. And another little compliment on your handwriting, which is as neat and clear as print.

"With many thanks,
"Your old friend and new,
"Henry W. Longfellow."

Dr. O. Wendell Holmes subsequently addressed a letter to the superintendent of the schools, in which he said:—

"The writers whom the schools of our sister city have honoured by celebrating their birthdays should be very grateful to them and you. There is no place which an author's thought can nestle in so securely as the memory of a schoolboy or schoolgirl. I had the pleasure of meeting Mr. Longfellow a few evenings since, and took the opportunity of telling him that my rhyming machinery was out of gear, or I would have sent some lines for the Cincinnati school celebration of his birthday. The truth is I am busy with another kind of work, and it will never do to shift a barrel-organ from one tune to another while it is playing. It must get through 'Old Hundred' before it strikes up 'Hail to the Chief.' I do not mean that I am writing an epic, or a tragedy, or an ode, but that my stated duties and the burdens of an almost unmanageable correspondence are about as much as I am equal to. But, whether it is said in verse or prose, all will agree that in honouring Mr. Longfellow you are honouring the literary character in one of its purest and noblest representatives—a man whom any country might be proud to claim as its laureate, and of whom we who are his neighbours can say truly that we know him by heart as all the English-speaking world know his poems."

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME.

LONDON: APRIL 17th, 1880.

THE LONDON WATER QUESTION.

AN opportunity has been found during the hurly-burly of the elections to press upon the public mind Mr. Smith's views as Mr. Cross's adviser, in a series of letters to the *Times*. Mr. Edmund James Smith is better known as the agent of the Ecclesiastical Commissioners, and it is regrettable that one more conversant with finance was not entrusted with the task of negotiating on behalf of the public. If Mr. Cross had been a bold administrator, he would have made the Metropolitan Board municipal, and left it to them, on behalf of the public, to arrive at a bargain with the companies. Better still if he had had the wisdom and courage to create a government for London which could have dealt with firmness with the colossal joint-stock interest. It is a question now whether Mr. Cross's bungling has not indefinitely postponed a settlement. The public so far helped us that the price of the shares fell as the elections progressed, as the following table will show—

				Fall.
Chelsea.....	205,	215 190,	200	— 15
East London	200,	210 190,	200	— 10
Grand Junction	114,	118 107,	112	— 6
Kent.....	285,	295 275,	285	— 10
Lambeth Max 10 pr. cnt.	205,	215 195,	205	— 10
Southwark	210,	220 200,	210	— 10
West Middlesex	172,	176 168,	173	— 3

which confirms the popular instinct that the price proposed by the Government was too high. The vestry delegates at their first meeting very wisely declined to consider price, as the materials for forming a judgment were not before them. Before Parliament re-assembles they are to meet again. They will do well to adhere to their first attitude. They can approach the new Home Secretary, whoever he may be, with—

1. A resolution inviting him to send the Bill to a Committee, and declaring that the opportunity for legislation should not be lost this session.

2. They can follow up their resolution as to the necessity of obtaining information by issuing letters to the towns which have already acquired water-works, requesting information as to terms of purchase.

3. They can seek a conference with the newly-elected members for the Metropolis, and agree upon a course of Parliamentary action, and thus be prepared for whatever may turn up.

The return moved for by Sir C. Dilke as to the financial basis of the Government scheme ought to be in the hands of members when the House meets.

It does not follow because some towns have paid dearly for the works that London should. Brighton paid twenty-two and a half years' purchase of the dividend. Lincoln paid twenty-three and a half years' purchase, Birmingham admittedly paid an exacting price of over twenty-eight years' purchase, Cardiff bought at twenty-five years' purchase, and Colchester at twenty-seven and a half years'. The companies rely greatly on the Stockton and Middlesbrough case, which works out at more than thirty-six years' purchase. Amongst the fallacies propagated, and largely, during the elections was the statement that we have no money to pay for the works. It is to be a transfer of Water Trust Stock instead of water companies' shares. By the operation a debt of over £31,000,000 is created, chargeable upon the whole of the rates and property of the Metropolis, as binding as though we went into the market and borrowed the money; yet, they emphasise over and over again, *no money passes*—a fiction to delude. Mr. Smith in his letter to the *Times* repeats this ignorant delusion, under the term in which he advocates the bargain "without any provision of capital for the purchase.' We have a great object to gain in arresting the increase of the companies' income, in preventing a rise in water rates, in controlling their administration, and this we recognise we possess under the provisional agreements made for their purchase. These are solid advantages we desire to secure, and something more—we want the capital accounts of the companies audited, and that the amount we have to pay shall be less by the amount necessary to put the works in perfect order, every Parliamentary contract fulfilled, as to purity and source of supply, and the concerns ready to earn the present and prospective dividend, and less the amount of any reserve fund to replace any part of the works requiring renewal.

Mr. Smith illustrates the arts by which the price has been enhanced in a striking manner. He says:—

"I beg leave to point out that in the Government auditor's report, published in August last, the gross income of the Southwark Company for 1878 is set out as £167,300, and the divisible income as £22,018, about 13 per cent. of the gross income, and little more than 2½ per cent. interest on the ordinary share capital of £863,300; the price of the shares was £130. But since 1877 this Company *has raised its water rates* nearer to their Parliamentary limit *with little more cost than the stroke of a pen; and as the whole of any such increase is net profit*, this Company's dividend will be for this half-year at the rate of 8½ to 9 per cent., instead of 2½ in 1878."

If the companies are thus able to mulct us, some authority must be ready to defend us. The absence of it, in Mr. Cross's refusing to allow the Metropolitan Board to act, is a grave scandal.

Less than two years ago there were owners of Southwark and Vauxhall Ordinary Stock willing to sell their property at par in the open market. Under the Government Bill they would have received fully 300 per cent. for it. Will this have weight with a Committee or not?

The public danger in delay is great, the combination against them most powerful, and the greatest care must be taken to avoid failure this year. The public are willing to pay dearly, but not wastefully, or in a spirit of jobbery. The vestries will do well to avoid any consideration of figures, but be prepared to go before the Committee fully armed for the grand realisation of a long-cherished dream of municipal reformers. If the representatives of the companies in the House will submit to the decision of the Committee, well and good. If not, a short Act must be passed, as was proposed by Mr. Gladstone preliminary to the disestablishment of the Irish Church—viz., to prevent the creation of new interests, and to confine and limit the operation of the Irish Ecclesiastical Commissioners. We must limit the companies pending the transfer, if delayed, from taking advantage of the new valuation in progress, from making any advance in water rates, or otherwise increasing the sum to be paid for purchase. Our representatives are strong enough for this, and must protect us. Liberality and justice will govern our dealings, and we shall expect to be met by the companies in no niggard or huckstering spirit.

CURRENT OPINIONS AND EVENTS.

THERE was quite a rush of persons of influence desirous of showing their respect for Mr. Gladstone by joining the Reception Committee, which proposed to give the right hon. gentleman a public reception upon his return to London. Mr. Gladstone, however, declined the proffered demonstration in a letter addressed to Mr. Samuel Plimsoll, M.P., which is as follows:—

"I have endeavoured to consider carefully the proposal made known to me by you on Friday evening, to give me a public reception on my arrival in London.

"Considered in itself as a tribute of confidence and kindness, or, again, with reference to the numbers and weight of those on whose part it is made, it is to me most touching and gratifying in the highest degree, and if I felt justified in accepting it without reference to aspects other than that in which it has been designed, I could not persuade myself to decline it.

"But I am sure that in the eyes of many, and not of our political opponents exclusively, it would be regarded as an attempt, made for the first time, to establish a practice of public rejoicing in the metropolis of the country over the catastrophe of an Administration and a political party, and would wound feelings which we ought to respect as well as spare. You will at once see that for me to share in a proceeding capable of bearing this construction would be inconsistent with the intention which, on the close of the poll in Midlothian, I immediately declared.

"I am also confident that if you and the other promoters agree with me in the belief that this colour might attach to the demonstration, you will arrive at the conclusion that it would be well to waive it; in any case you will see that I am not free to take any other course but that of declining the great and conspicuous honour which has been offered me, and you will also accept my assurance that I shall ever remember the proposal with the same sense of lively gratitude and pleasure as if it had actually taken effect."

The following resolution was unanimously adopted at a meeting of the committee held on Monday last:—

"That this committee, having heard Mr. Gladstone's letter read, resolve that, although to them it is a great disappointment to be obliged to forego their purpose of giving him such a welcome as would testify to the great and general admiration which is felt for him, nevertheless they cannot but recognise the generosity and magnanimity of Mr. Gladstone's motive, and are of opinion that they would best show their regard for him at this juncture by a prompt, though very reluctant, acquiescence in his wish. That the public reception, therefore, be given up."

Several suggestions were made with the view of doing honour to Mr. Gladstone in some other form, one being that of a public subscription to Mrs. Gladstone's Home, but no decision was come to.

The tide of opinion is flowing strongly in favour of Mr. Gladstone becoming Premier. The almost unanimous voice of the people should be respected. Even the *Daily Telegraph* expresses the opinion that Mr. Gladstone ought to assume the reins of power.

Speaking on Monday afternoon at the re-opening luncheon at the Hoxton Hall, Mr. Samuel Morley said:—

"Churches and chapels were built, but a large portion of this great population, exceeding that of a kingdom, declined to go to church or chapel, but had no objection to halls like that, and would respond to lay agencies. By degrees they might thus be led from degradation, and then to that higher life of Christian profession which should be the object of a philanthropist's contact with the people. He had never had an opportunity of seeing the work carried on there. He had heard much of it, and hoped to become more acquainted with it. In the meanwhile he had, as they saw, adopted their blue ribbon—(cheers)—and he would ask permission to enter their ranks. He quite concurred in the attempt to induce the people to care more for themselves. Drink was the cause of more misery in the world than was anything else—than all other causes put together. Could poor people be induced to discard pernicious self-indulgence, a large portion of their discomfort would be remedied. There were thousands of homes in London in which there were breaking hearts through drink. Ample wages were wasted at the public-house."

Mr. William Noble, the hon. director of the Blue Ribbon Army movement, at Hoxton, made an interesting statement from which we learn that the freehold of the building has been purchased by Mr. William Palmer, and vested in trustees. Free breakfasts are not given, as the object is not to pauperise the people; but a coffee-palace will shortly be attached to the institution.

Really useful work has been done by this movement, and we shall be glad to learn that some other wealthy friend has imitated the munificence of Mr. William Palmer by clearing off the balance of the debt incurred in re-decorating and improving the building. For this purpose about £400 is required.

From the interesting report of the Brentwood Lunatic Asylum just issued, it appears that intemperance is the direct cause in inducing insanity in a large proportion of the inmates; and there can be no doubt that it is a potent agent indirectly where hereditary predisposition is set down as the cause. The various causes of insanity are given, but in 1,481 cases the causes are unknown. The following is the classification :—

"Anxiety, 120; cruelty of husbands, 12; deaths of relatives, 97; disappointment in love, 52; domestic troubles, 91; fright, 39; imprisonment, 11; jealousy, 13; poverty, 89; religion, 185; remorse, 7; seduction, 3; unexpected prosperity, 1; congenital defect, 166; epilepsy, 360; hereditary predisposition, 573; intemperance, 470; paralysis, 148; sunstroke, 52."

Herr Von Buchler, a member of the German Parliament, has made a proposal to the Reichstag, and at the same time written an earnest letter to Prince Bismarck, praying that his highness should call together a European Congress to discuss the question of a partial disarmament by the leading Powers. The proposal completely fell through in the Reichstag, and the Chancellor, in answering the letter, stated that Herr Von Buchler had better first secure the adhesion of Germany's neighbours to his project. The Prince added that as far as he was concerned he considered the present state of European affairs rendered such a proceeding an impossibility.

From a circular just issued by the Flax Supply Association of Ireland, we learn that the quantity of flax imported during the three expired months of the present year was 12,862 tons over the similar period last year. Linen yarns continue a downward movement, the only increase in March being to Italy of 49 per cent. in quantity. Thread exports of last month show an increase of 17 per cent. in quantity, and 29 per cent. in value, compared with March, 1879, and in the three months just concluded, the increase in quantity and value is very decided.

The deliveries of American wheat to Great Britain and Europe having increased, the visible supply of wheat at the principal American centres has declined to 24,200,000 bushels, as compared with 19,315,000 bushels at the corresponding date of 1879. The net imports of wheat into the United Kingdom from all sources in the 31 weeks ending April 3rd this year were 41,243,448 bushels, as compared with 31,982,221 bushels in the corresponding period of 1878-9. It may be interesting to add that the shipments of American wheat to six of the leading ports of Europe were as follows in the second half of 1879: Liverpool, 12,092,965 bushels; Antwerp, 9,244,162 bushels; London, 6,663,388 bushels; Rouen, 6,450,092 bushels; Bordeaux, 4,766,737 bushels; and Havre, 3,921,110 bushels.

Messrs. McIlwraith, McEacharn, and Co., of Leadenhall Street, complain that a prospectus of the Australian Meat Importation Company, Limited, is calculated to mislead the public. They say :—

"We deem it due to ourselves to intimate that the shipment per 'Strathleven,' referred to, was originated and managed by us, and was conducted at our sole risk and expense. It is generally known in the City that we purpose giving the public the benefit of our experience, and that in the course of a few days the public will have an opportunity of investing in a new undertaking based upon the actual results we attained with the 'Strathleven,' and under our management. From the way in which the above company is advertising, friends are calling on us under the impression that the above undertaking is ours. Seeing how this confusion will damage our interests, we deem it expedient to intimate that we are in no way interested in the above company, and we shall be obliged by your inserting this letter."

On Saturday last a numerously attended meeting was held in Southwark Park to protest against the action of the Finance Committee of the Surrey magistrates with regard to the site of Horsemonger Lane Gaol. Mr. P. Walton-Hibbert presided. Mr. William Gurney said that since the demolition of the old county gaol petitions had been numerously signed and forwarded to the magistrates of Surrey, praying that the space rendered vacant by the removal of the prison should be converted into a recreation ground and handed over to the public. The Finance Committee, however, had rejected, reconsidered, and finally again rejected the memorial—the last time by a very narrow majority. The speaker then proposed that a new memorial should be prepared, this time to the Board of Works, appealing to them to make a grant of £38,880, the assessed value of the site, so that the land might not be lost to them, while at the same time no injustice was done to the ratepayers, which, it had been urged by the committee, would be the case were they to make a free grant of it. If any one doubted the necessity of a public recreation ground in the locality, let him make the round of the courts and alleys of Lant Street and the Mint, and watch as he (the speaker) had watched the scores of sickly, pallid little children, to whom the far-off Kennington and Southwark Parks were unknown and impossible, at play in their only playground—wet weather or dry—the gutter. A memorial to the Board of Works was set on foot.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

To the Editor of "HOUSE AND HOME."

SIR,

As the owner of a "female spine" unsupported by corsets, I feel very much amused by the "friendly advice" of your correspondent, Emma Baker. As this friendly critic appears to take Bible history as her guide in regard to hygiene, perhaps she will inform your readers where Eve procured *her* corsets, or whether her weak "female spine" was continually supported by Adam's stalwart arm. As, however, the gentleman in question was a teetotaller and vegetarian (in spite of his "mouth being so strongly lined with teeth"), the probability is—according to your correspondent's views—that he had more than enough to do to support himself. If E. B. had ever been in the West Indies, she would have seen, as I have, women, not one in a thousand of whom ever *saw* a pair of stays, carrying heavy loads on their heads for long distances, with perfect ease and grace. It is true, indeed, that those who have never worn stays "little know the weakness of the female spine, which requires some support."

I am,

Yours truly,

E. A.

To the Editor of "HOUSE AND HOME."

SIR,

With your kind permission I should like to make respectfully a few remarks on a letter which appeared in the last issue of your paper.

A lady who has given some friendly advice fears that *House and Home* must injure itself by being what she calls *ultra*. Truth is sometimes very startling to us, and may be thought extreme, but it cannot bend to circumstances. The recommendation of giving up animal food, alcoholic liquors, and the like, may appear very extreme to those who have learnt to find pleasure in the use of them, but the question is, are they good or bad? If bad I say dispense with them entirely, for the rule of a healthy and happy life is moderation in good things, and total abstinence from evil things.

The lady says: "Supposing the whole population of England followed this advice for a few weeks only, where would the supply of food they recommend come from to feed this vast population? Again, they say that the organisation of the human frame is not adapted to feed on flesh, but surely the mouth being so strongly lined with teeth disproves this assertion. If the Almighty intended the human race to feed on roots and fruits, &c., he would not thus have provided us with two rows of strong teeth. Besides which, immediately after the flood flesh was the food provided by the Lord Himself."

We must not forget that an immense quantity of good fruit and grain now wasted would be saved, and which would help to feed millions of people; we must ever remember that a pound of wheat is worth as food three pounds of flesh; and if we reflect for a moment, we shall be convinced that a great quantity of food must be consumed by an animal to make three pounds of flesh, and which is an inferior food for man. If the whole population were to feed largely upon flesh, we might well wonder where the supply would come from. The organisation of the human frame has nothing about it characteristic of the carnivora. The mouth of the ourang-outang is as strongly lined with teeth as man's, but this animal does not feed upon flesh. Man has some teeth suitable for cutting, and some for mashing and grinding fruit, farinacea, &c., but I fail to find any which are suitable to seize and tear flesh with. Slaughtering animals for food is not in harmony with civilised man's nature, for he has an abhorrence of deeds of blood, and if we had to be our own butchers, I think sympathy for the poor victim would often stay the uplifted hand and the knife. The carnivora, of course, have not these feelings of sympathy; we do not find them tearing animals in pieces one day, and the next day oppressed with remorse for the slaughter of their victims.

Though the use of flesh as food may be justifiable as a necessity, and though man may by custom look upon it as a superior food, it is still *not* the best food for man. We have good reasons for supposing that the original and the best food for mankind is fruits, and the cereals, &c. These preserve us in health, and enable us to recover from disease. We read that the Lord provided everything that liveth after the flood as food for man; but after such a catastrophe we could not reasonably expect to find much fruit and grain, and of course we should eat what we could get. But after the flood what a number of animals were denounced as being totally unfit for human food; but, in spite of that, many of us at the present day think the flesh of those very animals a great dainty.

Lastly, the lady says, "The advice they give on the injury done by wearing tight corsets is much needed; but when they recommend ladies entirely to throw aside their corsets, they overshoot the mark they aim at, for they little know the weakness of the female spine, which requires some support."

There is no doubt that reform in the manner of ladies' dressing is much needed. The waspish waist caused by tight lacing, &c., surely creates a waspish disposition; and the support which ladies trust so much to increases their spinal weakness. Physiologists and physicians constantly assure us that such *is* the case, and common sense tells us that our legs are meant for us to walk with, but that if our nurses had always carried us we should never have learnt to walk. I do not positively say that it would be advisable for one with a very weak spine to cast off her corset entirely at once, but I would recommend those who have not weak spines to cast off their corsets before they are made weak. I think the needed reform can be made without dressing so nearly like the male sex as Dr. Richardson intimated; but they need to be like in one respect—that of healthfulness.

I am, Sir,
Yours faithfully,
R. SHIPMAN.

Barnes, April 10th.

To the Editor of "HOUSE AND HOME."

SIR,

Allow me to reply to some of Miss Baker's objections in regard to certain contributions on diet, &c., in *House and Home*. The lady is fearful that we are going at too great a rate, and that your liberality will bring you to grief—and advances as a chief reason why teetotalism, anti-tobacconism, vegetarianism, anti-teapotism, &c., should not be so thoroughly advocated by your occasional contributors, that such ideas are so very "*ultra*." Now, teetotallers can very well bring forward a wealth of evidence, theoretical and practical, to prove the strength of their position—namely, that alcohol is unnecessary. Years ago, teetotalism, like vegetarianism (so-called) now, was looked upon as very *ultra*. To-day thousands, both rich and poor, find themselves very well without alcoholic drink as a daily beverage. To be a teetotaller or partial abstainer is now nothing peculiar or *ultra* in any rank of society. All reforms must have a beginning, to begin perhaps with one single man or woman. They all appear strange and *ultra* at first, because they are new, and opposed to the usual idea of the multitude, who unthinkingly run in the same old groove. You, sir, in *House and Home*, show the true liberal, reforming spirit by throwing open your columns to those who honestly think they can show a better way, challenging the test of free discussion. Allow me to add that your correspondent may be congratulated on being the first, I believe, to write something in defence of flesh-eating after all these months. She first supposes that the population of this country would never find vegetable food enough to feed it. She is therefore not aware that the same land which, as pasture would, in the second-hand form of flesh, only feed ten persons, could beyond dispute sustain thirty to fifty or more were it laid down as arable, growing roots, vegetables, cereals, fruits, &c.—though, as Professor Newman in the last number of the *Dietetic Reformer*, truly states, "No doubt, when the people are kept from the land, they cannot get food out of it." Indeed, the tables are reversed, since the question now is, "How is our increasing population, which knows of no limitation to the number of a family, to be maintained on a diet so wasteful as flesh undoubtedly is? Where would you be now but for the American importations?" The assertion is then made, "If the Almighty intended the human race to feed on roots and fruits, &c., He would not thus have provided us with two rows of strong teeth." A moment's reflection would have shown your correspondent that, *ergo*, providing the monkey tribe, our near relations, with two rows of stronger teeth was a great mistake. Why! the teeth of the fruit-and-nut-eating monkey are more carnivorous in appearance than our own, which are certainly not intended for tearing and rending flesh, but rather for severing a luscious apple or peach—for duly masticating and mixing with saliva pulse food, vegetables, &c., &c. A Scriptural text is then brought forward to secure the position. Now, I am not alone in objecting to Bible quotations on this or any similar subject, for a dozen sentences for or against may be bandied about to prove either side of the argument; besides, modern science is quite adequate for the occasion. As for tea and coffee, not very harmful in moderation, though certainly so in the black decoctions indulged in, more especially by the poor—still, let Miss Baker or any one else say something in favour of the constant misuse of these rather modern beverages, and I dare say Professor Hart will be ready to reply. The lady is indeed very conservative. It is sacred ground—but is the dress of women so perfect that Dr. Richardson must be so very wrong in recommending female garments to be as handy and serviceable as those of men? Is the present female fashion of dress adapted for going up-hill—for keeping the lower portions of the body warm? Is it not more adapted for cleaning the pavement than for preserving the fabric? That ghost of a bonnet which used to sit at the back of the head like a saucer was beautifully adapted to bring on a fine crop of colds, neuralgia, &c. It is a little better now. The fashion of men's clothing is always progressing towards simplicity and freedom, combined with comfort; that of women becomes more complex, cumbersome, expensive, and, alas! unlovely. Finally, reverting again to the question of diet, the increasing success of the recently opened vegetarian restaurants in London and Manchester is of itself sufficient practical proof that a properly constructed diet, well prepared, and into which no flesh or alcohol enters, is finding favour with thousands, and suits them very well.

Faithfully yours,
C. DELOLME.

London, April 12th.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

ARE not all natural things, it may be asked, as lovely near as far away? Nay, not so. Look at the clouds, and watch the delicate sculpture of their alabaster sides, and the rounded lustre of their magnificent rolling. They were meant to be beheld far away; they were shaped for their place, high above your head; approach them, and they fuse into vague mists, or whirl away in fierce fragments of thunderous vapour. Look at the crest of the Alp, from the far-away plains over which its light is cast, whence human souls have communion with it by myriads. The child looks up to it in the dawn, and the husbandman in the burden and heat of the day, and the old man in the going down of the sun, and it is to them all as the celestial city on the world's horizon; dyed with the depth of heaven, and clothed with the calm of eternity. There was it set, for holy dominion, by Him who marked for the sun his journey, and bade the moon know her going down. It was built for its place in the far-off sky; approach it, and as the sound of the voice of man dies away about its foundation, and the tide of human life, shallowed upon the vast aerial shore, is at last met by the eternal "Here shall thy waves be stayed," the glory of its aspect fades into blanched fearfulness; its purple walls are rent into grisly rocks; its silver fretwork saddened into wasting snow; the stormbrands of ages are on its breast—the ashes of its own ruin lie solemnly on its white raiment.

—*Ruskin.*

One truth is the seed of other truths. It is sown in us to bear fruit, not to lie torpid. The power of mind, by which truth becomes prolific, is freedom. Our great duty is to encourage vigorous action of mind. The greater number of free and vigorous minds brought to bear upon a subject, the more truth is promoted.—*Dr. Channing.*

The learned man is only useful to the learned; the wise man is equally useful to the wise and the simple. The merely learned man has not elevated his mind above that of others; his judgments are not more penetrating, his remarks not more delicate, nor his actions more beautiful, than those of others; he merely uses other instruments than his own; his hands are employed in business of which the head sometimes takes little note. It is wholly different with the wise man; he moves far above the common level—he observes everything from a different point of view; in his employments there is always an aim, in his views always freedom, and all with him is above the common level.—*Jean Paul Richter.*

A mother should desire to give her children a superabundance of enthusiasm, to the end that, after they have lost all they are sure to lose in mixing with the world, enough may still remain to prompt and support them through great actions. A cloak should be of three-pile, to keep its gloss in wear.—*Guesses at Truth.*

If some persons were to bestow one half of their fortune in learning how to spend the other half, it would be money extremely well laid out.

People have generally three epochs in their confidence in man. In the first they believe him to be everything that is good, and they are lavish with their friendship and confidence. In the next they have had experience, which has smitten down their confidence, and they then have to be careful not to mistrust every one, and to put the worst construction upon everything. Later in life they learn that the greater number of men have much more good in them than bad, and that even when there is cause to blame there is more reason to pity than condemn; and then a spirit of confidence again awakens within them.—*Miss Bremer.*

I have heard people who have conformed to opinions without a pretence of investigation, as arrogant and intolerant towards anybody who differed from them as if they stood upon a pinnacle of independent sagacity.—*Friends in Council.*

Good and friendly conduct may meet with an unworthy, with an ungrateful return, but the absence of gratitude on the part of the receiver cannot destroy the self-approbation which recompenses the giver. And we may scatter the seeds of courtesy and kindness around us at so little an expense. Some of them will inevitably fall on good ground, and grow up into benevolence in the minds of others, and all of them will bear fruit of happiness in the bosom whence they spring. Once blest are all the virtues always; twice blest sometimes.—*Jeremy Bentham.*

The course of the world is as the setting in of a tide that has not yet reached high water; each new wave advances with raised front, falls forward with a dash, and goes on to its limit; then, lastly retiring a little, over it the next wave advances, and in like manner falls, goes on to its limit, and retires.—*T. T. Lynch.*

THE HOUSEWIFE'S CORNER.

SUBSTITUTE FOR COD LIVER OIL.

According to the New York *Medical Journal*, Dr. Thomas A. Emmet, in his recent work on the "Principles and Practice of Gynecology," recommends the fat of pork, properly prepared, as an excellent substitute for cod liver oil. A portion of a rib, free from lean, is selected and soaked in water thirty-six hours to get rid of the salt. It is then boiled slowly, the water being often changed until the meat is thoroughly cooked. It is to be eaten cold in the form of sandwiches, cut very thin. Thus prepared it forms, according to the author, a very nutritious and concentrated article of diet, and one which can often be retained by irritable stomachs.

CHEAP DISINFECTANT.

Dissolve a drachm of the nitrate of lead in a pailful, and a drachm of common salt in a jugful, of soft water, and mix the two solutions. Soft water is essential, on account of its preventing the formation of an insoluble carbonate of lime and lead. Dip rags into the solution and hang them up in the offensive room, or pour some of the mixture upon excrements, or down the privies or sinks. This solution is of ordinary strength, but may be made much stronger if desired. If carbonate of lead and lime form, pour off the clear liquid and use none of the sediment.

RICE AND TOMATOES.

Boil a breakfast-cupful of rice as if for curry; when done and strained perfectly dry, add the contents of an ordinary sized tin of tomatoes—the American are very good for this purpose—mix well, add a small piece of butter, pepper and salt to taste, and a little onion chopped very fine. Put this in a well-buttered pie-dish, cover with bread-crumbs, and put a few chips of butter here and there all over the top; bake in an oven until a nice brown or gold-colour. Serve hot.

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PORTRAITS.

THE following Portraits are in preparation:—

RIGHT HON. SIR STAFFORD NORTHCOTE.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
MR. JAMES BEAL.
W. H. SMITH, ESQ., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, ESQ., C.B.
&c., &c., &c.

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FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get "the trade" to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway bookstalls.

HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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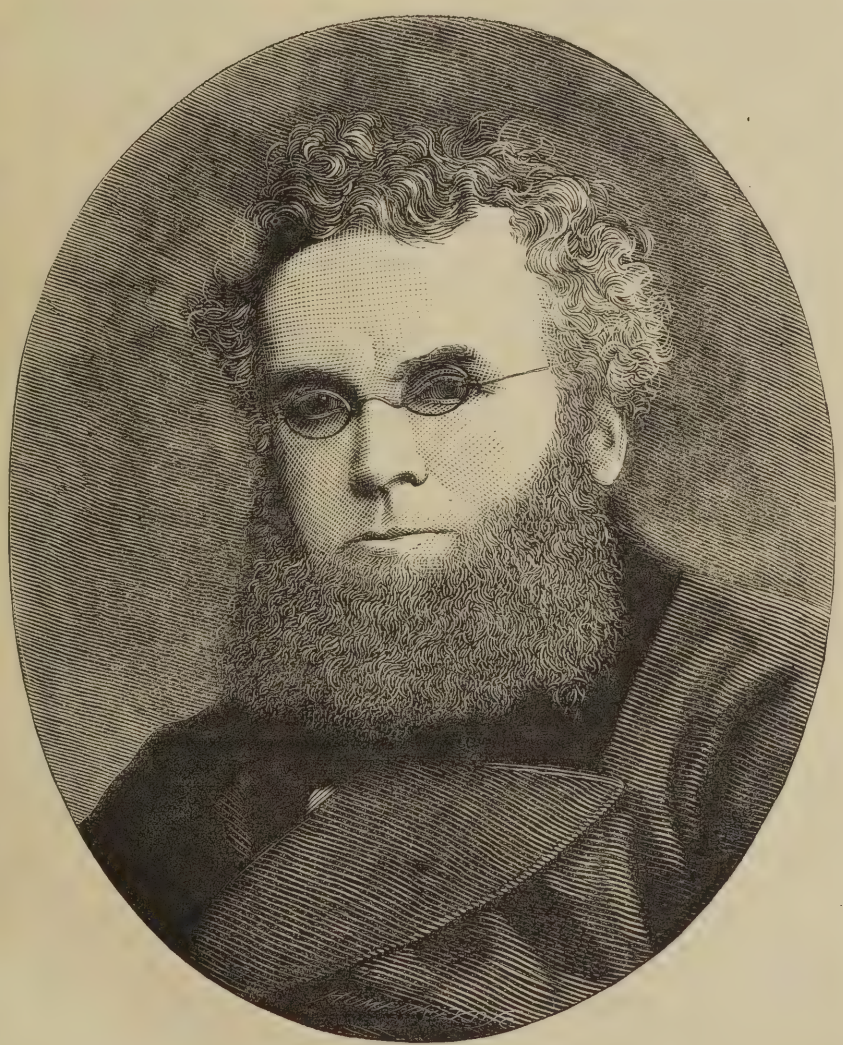

MR. JAMES BEAL.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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MR. JAMES BEAL.

THE features of Mr. James Beal, whose portrait we publish this week, will be familiar to all those who during the last thirty years have been active in the promotion and support of all measures of a Liberal or progressive character. Mr. James Beal was born in 1829, and is of Yorkshire descent. At the early age of thirteen his eyes were first opened to the importance of political matters by the perusal of a stray article in the *Edinburgh Review* on the Budget; and at fourteen we find the boy politician spending almost his first hard-earned shilling in making himself a member of the Anti-Corn-Law League. From that time until the present Mr. Beal has been thoroughly and in every sense of the word a Radical, not merely in theory but in practice, and has written and lectured upon nearly every subject which he thought might improve the humbler classes of the nation.

At the age of nineteen we find his name associated with a society advocating the abolition of the penny stamp on newspapers. It will be remembered that in 1834 the reformers had succeeded in procuring a reduction of the impost from fourpence to a penny, but this was considered only a halting-place towards a free Press, and in 1848 Hetherington, Linton, Francis Place, Beal, and others, formed a committee for its total removal. In furtherance of this movement Mr. Beal published, in 1849, a short pamphlet entitled "A Few Words in Favour of the Liberty of the Press and the Abolition of the Penny Stamp on Newspapers," and ultimately the committee was merged into an association formed to secure the repeal of the penny stamp, the advertisement duty as well as the paper duty, all of which objects were happily attained.

The question of land tenure in England next attracted Mr. Beal's attention, and a series of letters, which were first published in the *Freeholder* in 1850, assumed the form of a pamphlet, entitled "Free Trade in Land," in 1855, and were again reprinted under the same title in 1876. During the years 1851 to 1855 he was actively at work establishing freehold land societies throughout England and Scotland, as the ally of James Taylor, the founder, and under the patronage of the late Richard Cobden, Mr. Bright, and the late John Cassell. About the same time he came actively forward to limit certain Popish practices in the churches of St. Paul, Wilton Place, and St. Barnabas, Pimlico, and after having written a series of letters to the Bishop of London, which were published in the *Daily News*, took action, with his friend Mr. Charles Westerton, in the memorable suit known as Westerton and Beal *v.* Liddell. The result was a vindication of the law, supported and explained in the exhaustive judgment of the late Dr. Lushington, mainly confirmed on appeal by the judgment of the Privy Council delivered by Lord Kingsdown. Towards the close Mr. Beal appeared in person before the Privy Council. But it was not until 1874 that the movement culminated in the Public Worship Regulation Act.

The great work of Mr. Beal's life, however, has been his attempt to procure a better and simpler government for the Metropolis, and in every way to reduce the vast expenditure of which Londoners justly complain. Mr. Beal's first struggle was with the gas companies, and after untiring efforts during '57, '58, '59, and '60, his work was crowned with success by the passing of the "Metropolis Gas Act," which improved the quality of the gas supply, limited its price, and saved the consumers £625,000 per annum. Since then two more Gas Bills have been passed, one in 1868, of which he was the author, the other, on the lines he had previously laid down, in 1873, with the result of unifying all the companies north of the Thames, and preparing the way for the like policy in those supplying the southern bank of the Thames. In the meantime during 1870 Mr. Beal was successful in inducing the Government to give notice of its intention to improve the London water supply. Nothing has, however, up to the present time been settled with regard to this question, though it is deserving of every support, seeing that if, as Mr. Beal suggested, the water supply were put under representative instead of company control, £150,000 per annum would readily be saved by the overburdened ratepayers, and a purer and better supply established.

Ever since 1852 Mr. Beal has been a prominent politician in Westminster, and it was mainly owing to his untiring efforts that the late Mr. John Stuart Mill was returned as a Liberal representative of that borough in 1865. Mr. Beal has devoted much time and labour to Parliamentary inquiries into the Government and taxation of the Metropolis, has been twice examined before the Committees of the House of Commons, in 1861 and 1867, and proposed the scheme to establish a municipal government for the Metropolis, which received the sanction of Mr. J. S. Mill, and was introduced by him, and subsequently by Mr. C. Buxton and Lord Elcho. Throughout his life Mr. Beal has been a frequent contributor to the Press, having, in addition to his work on "Free Trade in Land," written a complete history of all the great joint-stock banks in the *Atlas*, and a scathing exposition of the abuses of the trusts in the hands of the City companies in a series of letters contributed to the *Weekly Dispatch*, and afterwards republished under the signature of "Nemesis."

In 1876 Mr. Beal, fearing lest an increased education rate should render the good work of the School Board unpopular, set himself to work to investigate new or possible sources of revenue. The result was a discovery of a vast network of corruption, misappropriation, and malversation of thousands of pounds per annum held in trust by the City companies, and to show that Mr. Beal's statements and charges are thoroughly to be relied upon, and are in every respect accurate, we have but to call attention to the report of the Commissioners on City Parochial Charities, recently published, which not only corroborates all Mr. Beal's disclosures, but suggests the appointment of a small Executive Commission to have the entire control and administration of the large, various, and hitherto, for the most part, misappropriated charities. As "Father Jean," in the *Echo*, his thoughts have been read by thousands, and he has by his persistent and consistent attacks on the corruption of the City guilds created a public opinion which at an early future must bear fruit. He has found supporters in all his efforts amongst the rising men in Parliament. He has given undeviating support to Sir C. W. Dilke in Parliament, and has been an active supporter of the Radical Baronet and his new colleague, Mr. Firth, in Chelsea. He was equally active in supporting Sir Arthur Hobhouse and Mr. John Morley, both of whom he induced to come forward, and for whose election, to the great honour of Westminster, the expenses of the candidates have been supplied by public subscription.

Mr. Beal has also contributed to the *Westminster Review*, and was mainly the authority on which Mr. Firth relied for municipal facts, and the scheme of polity embodied in his great work, "Municipal London." To him, also, is due the honour of having founded the Metropolitan Municipal Association, in 1866, of which he has since been honorary secretary, and, later, the City Guilds Reform Association, both of which Associations have, in their respective departments, rendered most excellent service to Londoners.

Within the last few months, moreover, Mr. Beal has been offered and accepted the office of President of the Sunday League, and has proposed an agitation, of which his daughter, Miss Emma Beal, is secretary, to secure the reduction of postage on letters to one hal penny, an ocean penny postage, and a sixpenny telegram, in which we wish him all success.

But although Mr. Beal has been such an ardent and zealous worker for his country, his sympathies have not been confined to these shores. During the American Civil War he was a prominent partisan of the North, and at a public meeting held in London in the Confederates' interest, he tore down the "Palmetto flag" from the wall and trampled it under foot, though at the risk of personal violence.

With the struggles of the Italian Republic, and its heroes Mazzini and Garibaldi, he has also always had great sympathy, being foremost amongst those who started to raise a fund of £1,000 when Garibaldi was wounded at Aspromonte, to send out Professor Partridge, and thus give the noble hero the benefit of first-rate surgical skill.

London recently has to thank him for the first outspoken reprobation of the monstrous terms proposed by Mr. Cross in his Water Bill for London.

He has been a vehement opponent of flogging in the army and navy, and is opposed to the "cat" in prisons, and is in favour of extensive reforms in our prisons and in the duration of terms of penal servitude. He was proposed as the working men's candidate for Westminster, 1874, and has frequently been invited to contest seats. He prefers the vantage-ground of sowing the seed, certain that the harvest will be reaped in due time. He has collected over 100 volumes of pamphlets on questions of the day discussed in his time, a vast aid to the younger men who, on the Press or in Parliament, seek his advice and information. As a speaker and lecturer he is popular, and has devoted every night for weeks in the recent electoral struggle to enforce his views.

In conclusion, it may be said of him that one of his chief characteristics, and one which has coloured his whole life, is a thorough earnestness in every work which he has undertaken, bearing out to the letter the resolute words of our Laureate—

"For where he fixt his heart he set his hand,
To do the thing he will'd, and bore it thro.'"

SIR CHARLES W. DILKE, BART., M.P.

Our issue containing the portrait and sketch of Sir Charles Dilke being exhausted, and the demand for it still continuing, we are reprinting the sketch, with portrait and autograph, in a separate form. It will be published in a wrapper at 2d., but a cheap edition will also be issued at 1d.

THE BUILDING EXHIBITION, FROM A POPULAR STANDPOINT.

Introductory.

By the time these lines reach our country readers the highly interesting and very successful Exhibition which has occupied the Agricultural Hall during the past fortnight will have closed. Last week, in giving an account of the opening of the Exhibition, we incidently mentioned some of the principal exhibits. But this was done in a very perfunctory manner, and, in view of the importance of the Exhibition from a health point of view, we feel now that a more extended account of it is demanded.

Those of our readers who were fortunate enough to visit the Exhibition will be glad of a succinct account of it, while such of our subscribers who had no opportunity of making a personal inspection will be interested in having a description of it; and it will be our chief aim to throw in to prominence the inventions, appliances, and methods which operate most directly in improving the public health, and adding to domestic convenience. In a word, we shall endeavour to present the Exhibition from a popular rather than from a professional point of view.

In itself the Exhibition is of great interest; it is a sign of the times of some importance. We have had the building and cognate trades represented, more or less fully, at most general exhibitions, but the present is the first attempt at a Building Exhibition, pure and simple. Under these circumstances a partial success, or even a failure, might have been looked for, and if this had been the result, although it would have been discouraging to its promoters, yet the attempt would have been

worth the effort. But Mr. Black may be congratulated not only upon the idea, but also upon the success that has attended it, and this must be a source of satisfaction to him. The first step has been taken, an Exhibition of no mean proportions has been the result, and we trust the success attained will lead to its establishment as an annual institution.

To the onlooker, the visitors to the Exhibition have afforded subject for reflection. They have not been drawn from any single class or grade in society. But while the professions of the architect and surveyor have been well represented, and the builders have been in strong force, the landed proprietor, the house-owner, the agriculturist, have each contributed their quota. Nor is this all. A very large proportion of the visitors was drawn from the ordinary householder class; but of these, of course, the most intelligent would only be likely to attend such a show. The gentleman, the tradesman, the artisan bent upon discovering the why and wherefore of things, the young householder, the sanitary and social reformer, were all attracted to the Exhibition, because it affected each of them in their several interests. To those who have been labouring to promote and popularise sanitary science amongst the people—reformers like Mr. Edwin Chadwick, C.B., Dr. B. W. Richardson, Dr. Hardwicke, Dr. A. Carpenter, and others—it must be a source of great satisfaction to see such a general interest manifested by so many, and such various, classes in an important branch of hygiene. It is an indication that their labours, so freely given in the public interest, have not been thrown away.

For the convenience of our readers, we shall classify the Exhibition into sections; and, while we cannot pretend to notice every item, or even name all the exhibitors, we intend to fairly mention the principal articles, appliances, or methods, which seem to us of public moment and importance.

We shall, therefore, group the various subjects treated by us according to the following arrangement; and deal with them consecutively, week by week:—

1.—Building Materials—Bricks, Tiles, Concrete, Cements, &c.

2.—Joinery, English and Foreign.

3.—Sanitary Appliances and Plumbing.

4.—Heating, Lighting, and Ventilating.

5.—Decorating—Colouring, Painting, Papering, and Varnishing.

6.—House Fitting—Furniture, and Miscellaneous.

AUTUMN.

The softest shadows mantle o'er his form,
And the curved sickle in his grasp appears,
Glooming and brightening; while a wreath of ears
Circles his sallow brow, which th' angry storm
Gusts down at intervals; about him stray
The volant sweets o' the trailing mignonnette,
And odours vague that haunt the year's decay;
The crush of leaves is heard beneath his feet,
Mixt, as he onward goes, with softer sound,
As tho' his heel were sinking into snows:
Full soon a sadder landscape opens round,
With, here and there, a latter-flowering rose,
Child of the Summer hours, though blooming here
Far down the vista of the fading year.

Charles (Tennyson) Turner.

THRIFT PAPERS.

By T. Bowden Green.

No. IX.—*Official Thrift.*

Having glanced at various phases of thrift development, let us now briefly refer to thrift in official circles. In these quarters, where this virtue might be encouraged and developed greatly to the advantage of the community at large, it is—as a rule—sadly neglected. It is proverbially easy to spend other people's money, and thus it is that the most reckless extravagance but too frequently characterises the management of Government, civic, and parochial departments.

Vast sums of money are glibly voted away without due thought as to whether the expenditure is necessary, or whether it can be rightly afforded. High salaries are frequently accorded to unimportant and often altogether unneeded positions, and unnecessary and extravagant expenditure prevails in almost every official department.

This is certainly not as it should be where taxes are so heavily felt amongst a large proportion of the people as they are in this country. An extra thousand pounds spent here and there over this job and over that may seem but a trifle to those who have the control of large sums, but these large amounts are, in great proportion, made up of the hard-earned pounds and shillings of the middle and lower classes.

Now that the subject of thrift is claiming attention in every quarter, it behoves us to see that some regard is paid to it in those circles where not only is there so much room for its development, but where its practice would be so beneficially felt amongst the wage-earning classes of the country.

In every official department the expenditure should be looked after and regulated by a practical and experienced disciple of thrift. This does not mean that parsimony should take the place of extravagance, or that work should be inadequately remunerated, but it implies that a reckless expenditure should not be permitted. "The ruin which in so many individual cases follows spendthrift habits will, in obedience to the same law, fall upon nations whose rulers and whose people disregard a reasonable economy." This is an important lesson to bear in mind, and it is one which should be forced upon the attention of all who have the regulation of public expenditure. With regard to parochial thrift we shall have more to say in our next paper.

BLISTERING OF PAINT AND VARNISH.

Many are the opinions expressed regarding blistering, and although some very sensible theories are advanced, we are inclined to believe that the bottom of the subject has never been reached. We hold an opinion of the cause of this trouble, and it may be that this opinion has been forestalled by others; but as we have never seen the points laid down in print, we present them here. Blistering of a varnished surface, after the varnish has had proper time to harden, is due to the evaporation of moisture which lies confined under the shell of varnish. This evaporation is caused by heat, and it is seldom, if ever, a blister will rise upon a varnished surface without the temperature is raised to an extreme degree, near to that which the

varnish received in its manufacture. The accumulation of moisture *under* the varnish may be brought about in several ways; the most particular one being in the closing in of moisture in the rough stuff. During the rubbing of the rough stuff the water used is partly absorbed, and unless due care is taken to give ample time for "drying out" before the application of subsequent coats, a great amount of moisture will be confined within the cells of the rough stuff. Boiled oil contains moisture, as of water, and in cases where steam is used to express the oil from the seed this percentage is increased. Turpentine, an extremely volatile liquid, also forms an evaporating substance, which is rendered active by a slight heat, and in its haste to reach the air it disturbs the outer surface, either lifting an elastic coating into bubbles or blisters, or bursting open a hard and inelastic one into cracks. The primary cause, then, of blistering is moisture, either in the form of wet moisture or of evaporating liquids, such as turpentine. The wood may be unseasoned, or it may have been wetted in the course of preparation, such as steaming to bend, &c. The rough stuff water may have been applied before the evaporation of liquids had taken place; either of which would bring about disastrous results.

"Dry blistering" is simply the hasty absorption of the liquids from outer coats by putty or paint, which is especially porous, depriving the coating of the requisite amount of binding and adhesiveness. To prevent blistering close up every lurking-place for moisture, and be careful to have each coat dry before applying another.—*American Coach Painter.*

THE METROPOLITAN WATER SUPPLY.

MEETING OF VESTRY DELEGATES.

A MEETING of delegates from various vestries and district boards in the Metropolis was held on Friday last, in St. Martin's Vestry Hall, to consider the steps necessary to be taken in the interests of the ratepayers, under the altered condition of public affairs, as regards the Government and the Water Bill introduced into the late Parliament by the Home Secretary. Mr. Edward J. Watherston occupied the chair.

The Chairman having expressed a hope that all the vestries and district boards would combine in this matter, and do what they could towards meeting the expenses which must necessarily accrue, went on to say: The events of the last few weeks, affecting as they have the Government of the country, have in no degree altered my opinion respecting Mr. Cross's Waterworks Purchase Bill. That it would be an election cry was only reasonable to expect. The excitement having now subsided, and in prospect of the assembling of a new Parliament, I have deemed it best to call you together, in order that no time may be lost in dealing with this important public question. I am sure that you will be unanimously of opinion that a measure affecting the interests of all London should not assume the character of a party question. I maintain that, in its consideration, politics are entirely out of place. The fact that a new Minister will be at the Home Office, and that the author of the Bill will be seated on the Opposition benches, should be dismissed from our minds. Here I may note the very remarkable circumstance that Mr. Cross's Water Bill was opposed by the Conservative papers. Regarding the value of the companies, the facts are before us: (1) That an unearned increment of fully £35,000 per annum annually accrues to the profits of the water companies' undertakings. (2) That a saving of £100,000 in maintenance and management is possible only under a system of unity of administration. (3) That a further saving of fully £10,000 a year can be effected by substituting water stock bearing 3½ per cent. interest for certain loans, now bearing 4.4 per cent. interest. (4) That only under such a system can provision be made for a constant supply of water, at high pressure, thus at once securing two advantages to the ratepayers—viz., better security of life and property from fire, and the gradual abolition of the foul cistern system. To these should be added the economies in local administration eventually to be expected when the streets have been provided with hydrants, by which street cleansing will be more effective and less costly. We have to decide, and that quickly, whether this increment shall accrue to the benefit of the public, as represented by the trust, or to the benefit of the present shareholders, remembering that, by means of the impending re-assessment, the increment will shortly assume proportions which will largely increase the value of the respective undertakings. There are two ways of dealing with proprietors; one by a payment down in cash, another by mortgaging the future profits of the trust. Mr. Cross has adopted the latter alternative. The amount now being paid for interest upon ordinary share capital is £773,000 per annum. Mr. Cross draws the line there and for the year next ensuing. Then he proposes to grant compensation to the extent of a proportion of the increased profits resulting from new houses and new consumers. It is manifest, therefore, that under the scheme, old householders pay nothing towards the deferred compensation, but it is equally clear that they benefit by the amount which is in excess of that required for this purpose. Under the provisions of the Bill water stock is created bearing interest at the rate of 3½ per cent. Each year bears its increased burden; each year produces not only enough to provide for the increased burden, but also to relieve the ratepayers from existing burdens, and the unanswerable argument is manifest—viz., that should the transfer not take place, not only will existing householders derive no benefit in the future, but that new householders, new consumers will add to the already enormous value of the companies' undertakings, rendering the cost of a transfer more and more onerous to the ratepayers. I will now advert to the fact that, immediately upon the terms being published, there was an enormous rise in the market value of water stock. (Hear, hear.) This was declared to be an evidence that the terms of purchase were excessive, and it gave rise to statements in the Press, and notably on political platforms, that 34¼ millions were about to be paid for 8¾ millions of property. It is almost needless to say that such a statement is misleading. First, the 8¾ millions now produce £773,000 a year, which capitalised at 3½ per cent. represents a sum of 22 millions. This is without a sixpence of direct compensation. It is simply an altered form of investment, resulting in exactly the same dividend. In reality, therefore, the purchase is limited to a sum of 9¼ millions, which, as has been shown, is spread over a term of twelve years, and is a representative sum only of interest annually to be paid. In point of fact, the 9¼ millions exist only upon paper, and future consumers will pay the interest thereof. Doubtless, those millions will hereafter be saleable upon the Stock Exchange, but the ratepayers will, in no sense, be affected by the transaction. The question of the amount of compensation, however, will, equally with the details of the Bill, form a part of the consideration of a committee of the House of Commons. There are many who assert that the terms are excessive, and that a competing supply should be threatened. The difficulties arising in carrying out such a scheme will be apparent to most of those present. This, again, is a matter for the committee. All interests will be represented upon the occasion. With regard to the details of the Bill, we must make such alterations and amendments as may hereafter be deemed advisable. This is the only sense in which we should oppose the Bill. The constitution of the trust must undoubtedly be altered. That the chairman should hold office at the discretion of the Secretary of State, is, to myself, a principle which should not be adopted—(Hear, hear)—and the introduction of members nominated by other departments is a proposition which I can scarcely believe will find favour in the next Parliament. (Hear, hear.) London must be allowed to govern itself upon the principle of "taxation and representation." (Hear, hear.) Here, however, I am disposed to trust to the new Government for a better proposal, and to the committee for the due consideration of the interests of the ratepayers. (Hear, hear.) Our present duty, as it appears to me, is at once to prepare a memorial to be presented to the new Home Secretary, praying Her Majesty's Government to proceed to a second reading of Mr. Cross's Bill, and to refer it at once to a well-selected committee. If this be done, as I earnestly hope it may be done, Her Majesty's consent may, before Parliament rises, have been obtained for a measure which cannot but result in the most beneficial effect upon the moral and social well-being of the community.

Mr. Berry (St. George's Vestry), said he agreed with Mr. Watherston

that it was incumbent upon London to take its water supply into its own hands; but he could not agree with the conclusions at which the Chairman had arrived. He thought the Bill of Mr. Cross was dead and buried (hear, hear), and he did not conceive that they could in any shape or form consider it. (Hear, hear.) It had been attempted to minimise the effect of the measure upon the public; but the effect which it produced was visible and patent to them all. They knew that when the terms proposed by the Government became known the stock of the companies went up enormously. (Hear, hear.) There was no possibility of getting rid of that fact. He doubted the propriety, even, of the present meeting. He doubted whether it might not put fresh courage into the water companies. ("No.") It had certainly occurred to him as to whether continued meetings of delegates might not give the companies courage. ("No.") At all events, they saw that the shares of those undertakings were rising. (Hear, hear.)

Mr. Morton (Wandsworth) agreed with the opinion that the Bill of Mr. Cross should not be revived. Not only was the principle of that measure bad, but the Bill was bad altogether. The election of representatives was bad; the appointment of a chairman was bad; the appointment by the Secretary of State and the interference of the Government everywhere were altogether bad. (Hear, hear.) He had carefully gone through the whole of the Bill, and his conclusion was that the water trust which it proposed to create would simply be in the hands of the Government, and might as well be a public and recognised department of the administration at once. Some gentlemen spoke of amending the Bill, but the only possible amendment would be to put it into the fire. (Hear, hear.) They ought to go to the new Government and ask its members to introduce a measure with which the ratepayers of London would be satisfied. (Hear, hear.) When they took over the companies they should only buy them for what they were really worth; and they should borrow the money which was required as cheaply as they could. If they purchased the companies he did not see that the shareholders of those undertakings would be entitled to increased profits at all. (Hear, hear.) An immense amount would have to be expended in order to put the concerns of the companies into good working order. It was not right to calculate anything in regard to increased profits; but, if there were to be increased profits the ratepayers ought to have the benefit of them. He charged Mr. Cross with having deceived the public in this matter. He did not use the phrase offensively. When the right hon. gentleman made his speech in the House of Commons he distinctly told the public that whatever terms might be agreed upon the shares should not exceed the market price of June, 1879, but what was going to be done must have leaked out, for the shares had increased in some cases by 100 per cent. It was monstrous that the ratepayers should be called upon to pay all the millions which were here involved simply on account of Stock Exchange speculations. (Hear, hear.) He moved, "That in the opinion of this meeting Mr. Cross's Water Bill is entirely objectionable, and that a memorial should be at once prepared for presentation to the new Home Secretary, praying her Majesty's Government to withdraw it." (Hear, hear.)

Mr. Berry seconded the motion.

Mr. Lambert (Lewisham) desired to remind the delegates that a resolution had been passed on a previous occasion, in which the Bill of the Home Secretary was described as an honest endeavour to settle the question, and pointed out that to pass the motion now proposed might be to do that which would be regarded as placing themselves in a false position. (Hear, hear.) He quite agreed with those who said that the Government should compel the water companies to fulfil their obligations, and to give additional powers to sanitary authorities.

Mr. Stephens (Rotherhithe) described the Bill of Mr. Cross as a very bad one, and remarked that the Liberal Government ought not to be held down in any way in regard to it. (Hear, hear.) The new Home Secretary ought not to be strapped or braced in this matter, but be left entirely free.

Mr. Reed (Marylebone) did not see, under the changed circumstances, why they should be bound by a former resolution.

Mr. Downes (St. James's) said the general opinion of his Vestry was in total condemnation of the Bill. For a competing water supply the streets would not have to be torn up much more than they would have to be to lay down the larger mains for a constant supply. To give a pure and constant supply many millions would have to be spent on the present system. He did not see why they should be so tender of one interest more than another. Did they consider tradesmen who were rented by great monopolists coming into the same neighbourhood? ("Question!")

The Chairman said he wished the Bill to go into committee, where it would be fully considered, and it might come out so altered that its own authors would not know it. He wanted the Bill prepared by a committee and not by a Government. At the end of the Parliamentary session, when the companies went back into the hands of the directors, the latter could put up their prices £250,000 a year.

Mr. Beal (St. James's) did not think it would be wise to pass the resolution. He thought it better to have a conference with the Metropolitan Members of Parliament, when agreement could be come to as to the course of action. By his bungling Mr. Cross had rendered the future settlement of the question difficult. They wanted an inquiry into the capital accounts of the companies; they wanted to see the state their works were really in; they wanted an investigation into these and other matters to which the ratepayers were legitimately entitled. (Hear, hear.) His advice to his friends at present was that they ought to prevent any imposition of a new assessment on the valuation of this year, and that they ought to ask the Government to pass a short Act for that purpose. London was not in the position that she was to pay whatever the shareholders of the water companies asked for; and if fair and liberal terms were offered and declined, the ratepayers would be at perfect liberty to present a competing scheme. (Hear, hear.)

After some remarks from Mr. Hoppy (St. Pancras), Mr. Sheffield (Poplar), Mr. Sugden (Camberwell), and Mr. Lacey (Mile End),

Mr. Morton said it had been decided that the water companies had not a monopoly. (No.) Parliament had the right to allow other companies.

The Chairman said they would be doing a most silly thing if they passed the motion. (Oh.) They would be postponing legislation for two years.

The motion was then put to the meeting, when there voted for it nine and against it seven. The motion was accordingly carried.

Mr. Reed next moved, "That it is the opinion of this meeting that a short bill should be introduced by the new Government at once to debar the water companies from any increased compensation on account of the new valuation about to be made of the property of the metropolis."

Mr. Berry seconded this motion, which was adopted.

Mr. Morton moved, "That this meeting stand adjourned until Friday, the 30th inst., at eleven o'clock; and that the county and borough Members of the metropolis be invited to attend to consider the water supply of the metropolis."

The motion was seconded and agreed to.

A vote of thanks to the Chairman closed the proceedings.

METROPOLITAN BOARD OF WORKS.

At the meeting of the Board held on Friday last Mr. Selway gave notice of the following motion, which he proposed to move at the next meeting: "That it be referred to the Works and General Purposes Committee to consider and report as to the advisability of this Board applying to Parliament for an Act to improve the water supply of the Metropolis, either by amending and regulating the existing water companies, or by consolidating them, or by providing an additional supply of pure water, or by any other means the committee may devise, with authority to confer with her Majesty's Government thereon."

Mr. Jones moved: "That since none of the water companies supplying their respective districts of the Metropolis hold guaranteed monopolies, the purchase of their undertakings on the presumption that they do hold such monopolies would be a mercantile mistake." He said that the Bill recently proposed by the Government seemed to him a very unwise solution of this question. As soon as it could be shown to Parliament that a better supply could be given to the population of London, the rights of each of the water companies ceased, because Parliament would give the privilege to the better supply. Therefore, to treat these companies as freeholders of an estate was an unwise bargain. The water question was one upon which that Board seemed to him to have suffered more humiliation than on any other question. His proposition, however, involved no expenditure, and no humiliation such as they had suffered before, and which he hoped Mr. Selway's motion would enable them to wipe out.

There being no seconder, the motion fell through.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: APRIL 24th, 1880.

THE LONDON WATER SUPPLY.

THE full force of the disfavour with which Mr. Cross's Water Bill is regarded throughout the Metropolis was manifested at the Conference of Vestry Delegates, which we report in another column. At that assembly the principal Metropolitan parishes were represented, and many of the delegates stated that their vestries were unanimous in condemning the Bill. Although Mr. Watherston had expended much time and labour in collecting information and statistics in support of the scheme, he was unable to induce the Conference to ask the Government to go on with the Bill. His labours were acknowledged, and he was complimented upon the ability he had brought to the task, but his conclusions and recommendations were dissented from and disregarded. Not that he stood by the Bill in its entirety, for he admitted that it needed revision and amendment; but he contended all they required could be brought about by the Bill being read a second time, and referred to a committee. This, however, the delegates would not hear of for a moment. In their eyes the Bill was a bad bill, and the sooner it was out of the way the better. Its resuscitation would, they feared, only encourage further gambling in water shares on the Stock Exchange.

While not agreeing with Mr. Watherston's conclusions, Mr. James Beal argued for the further consideration of the Bill by the new Parliament. In his view it would be wise to take advantage of the work done; while a Committee of the House could amend the measure so as to ensure the best possible results. But his plea was disregarded, and by a majority of the delegates the Bill was utterly condemned.

The press of London has followed in the wake of the vestries, so that we are not likely to hear of the Bill again. The *Daily Telegraph* remarked that—

"It is worthy of notice, too, that the opposition to the measure among the delegates has been greatly accentuated by the result of the General Election, previously to which the desire was plainly expressed by several of them that the Bill should be made the basis of a settlement, as it needed only amendment. Now, although the chairman, on Friday, held out for this view, the feeling of the meeting was dead against him, and the impending change of Government was frankly mentioned to account for it. More than one delegate declared that, with a Liberal and reforming Administration in office, a much better bargain would be made in the interests of the ratepayers, and, rightly or wrongly, this is a very common opinion. It is perfectly clear that if new and fresh means of supply are available it would be ridiculous to pay the present companies the assumed value of those additional means, as if it were they who would have to provide them for years to come; and, therefore, the question of a possible independent supply is the key to the position. The companies have no monopoly of service, and no exclusive hold over sources of supply, and hence their pretensions for the future must be on a less exorbitant scale than those urged upon Mr. Cross."

The *Daily Chronicle* says:—

"We quite agree with Mr. Watherston that the question of providing an adequate supply of pure water for the Metropolis ought to be discussed without reference to political partisanship, but we can scarcely follow him in his recommendation that Mr. Cross's unfortunate stipulations should be made the subject of inquiry by a Committee of the new House of Commons. The Bill has been condemned by Conservatives as well as by Liberals, and the sooner we hear the last of it the better. As we have before urged, it is needless to charge the Government with jobbery in bringing forward the Bill, for it was not likely that in view of an approaching dissolution the Home Secretary would risk his reputation by deliberately playing into the hands of a certain number of shareholders in public companies. The faults of the measure are to be attributed entirely to incompetent statesmanship."

The subject is too important to admit of it being dropped. London must have an adequate supply of pure water, and we trust some practical scheme of procedure will be devised by the delegates at their next conference, when they will have the advantage of the presence and advice of the newly-elected Metropolitan Members, several of whom possess high qualifications for dealing with the question. And by a Government of which Mr. Fawcett and Sir Charles Dilke are members, as the London Press is unanimous in forecasting they will be, are certain to have the question promptly and satisfactorily dealt with.

CURRENT OPINIONS AND EVENTS.

HER MAJESTY returned from the Continent on Saturday last, and on Sunday the Earl of Beaconsfield visited her at Windsor, where he remained until Monday morning, when he returned to town. On Tuesday several of the leading members of the Government visited the Queen, who distributed honours amongst them. Up to Wednesday evening, however, the Ministry had not resigned, but their resignation was hourly expected.

Last week H.R.H. Prince Leopold visited the Premier; and the Prince of Wales also honoured him with a call on Tuesday last.

The Coffee Tavern Movement still goes on. Last week two new houses were opened in Finsbury. The Sun Coffee Tavern was opened on Tuesday last, at 50, Wilson Street, by the Rev. F. C. Wills, who said that—

"The movement, which was begun by a few philanthropic people, had now been taken up commercially, which he considered a very satisfactory state of things, as a man who would give ten pounds for a philanthropic object would more readily give a much greater sum if he thought he could get 5 per cent. upon his outlay. It was impossible to expect that philanthropy alone could carry out any great movement. Another advantage arising from the scheme being carried out upon a commercial basis was the absence of anything like patronage. The working man was as independent as a nobleman with an income of many thousands a year, and he did not like to be patronised."

On the following day the second house was opened at 12, Finsbury Place, by Mr. Sheriff Woolloton, who declared that—

"Having for forty years of his life travelled on the Continent, on his return to this country he was ashamed to find that for a decent and honest mechanic there was scarcely any place for him to go for refreshment, except a suspicious-looking hole, where he got mud and beans for coffee, and sloe-leaves for tea. (Laughter.) On the Continent he had rarely seen drunkenness. He believed such establishments as that would render the homes of the industrial classes happier, and promote their moral and social elevation. (Applause.)"

In presiding at the Annual Meeting of the Church of England Temperance Society, held at Lambeth Palace on Monday last, the Bishop of London made the following reference to the Coffee Palace Movement :—

"He was pleased to observe the growing prosperity of the coffee palace movement, and he thought in ten years' time coffee palaces would have become numerous enough to be a rival to public-houses."

But if these houses are to maintain their popularity there must be improvement in the management of some of them. We shall take an early opportunity of commenting upon this, and also upon the very doubtful quality of the coffee, &c., provided.

Mr. Samuel Morley, M.P. has got into a little difficulty with some of his friends. In a moment of excitement, and in the heat of an election contest, he authorised the sending of a telegram to Northampton, which virtually endorsed Mr. Bradlaugh's candidature. The hon. gentleman now expresses his regret for this act, and his explanation is a striking confirmation of the view we recently expressed in a biographical sketch of him, but we hardly expected that facts would so soon substantiate our position. The moral to be drawn from the event is that Mr. Morley's friends should not so overburden him with public work as they have been in the habit of doing; and that the hon. gentleman, bearing in mind Longfellow's declaration, that

"If you want anything done well, do it yourself,'

should only undertake matters he can personally attend to.

Last week a meeting of inhabitants of Holborn was held at the New Town Hall, to consider the action taken in that district under the Metropolitan Improvements Act and the Artisans' Dwellings Act (1875). Mr. Torrens, M.P., presided. According to Mr. Phillips, one of the speakers—

"By the Act of August, 1877, the Metropolitan Board of Works undertook to widen Gray's Inn Road, but nothing had yet been done under that Act. The Holborn District Board of Works had been in constant communication with the Metropolitan Board, asking them to proceed with their plan, but the Board had failed to carry it out. This had caused a great deal of loss and ruin amongst the tradesmen in the neighbourhood. Two hundred houses had been pulled down in the district, and the people were shockingly crowded together in that unfortunate part of the Metropolis. They had great hopes that the public Press would take up this question. He begged to move : 'That this meeting calls the attention of the Metropolitan Board of Works to the fact of their having obtained power by the Act of 1877, for the widening of Gray's Inn Road, and represents to the Board that the partial demolition of houses during the past two years, and the great delay in carrying out the proposed improvements are causing serious loss to the tradesmen and ratepayers; it therefore urges upon the Metropolitan Board of Works the necessity of completing this undertaking without further delay.'"

The Rev. A. H. Mackonochie, whose benevolent labours have made him familiar with the district, said that—

"He did not think they could fairly expect children to grow up to be men or women, to live in such a way as they should desire them to live—as good, moral citizens—if they were to be lodged and housed under the circumstances in which so large a number of their artisans had to live. Greatly as he felt for those tradesmen who were suffering in their business by the taking down of the houses, he could not but feel that the every-day life of their artisans in the rooms they inhabited must be perfect misery. Injury to health and morals must follow from this overcrowding. In his own parish father and mother, with six or seven children, were living in rooms twelve feet square; and in other rooms there were little dark cupboards, with a bed or perhaps two beds in them. There were apartments in the district not fit for a pig to live in. They did not want the elaborate buildings raised by the two great societies for the higher class of artisans, but those which would reach the poorer labourers. What they wanted was to have proper tenements built before any more houses were pulled down. They had plenty of empty spaces before them, and on these they wanted to see dwellings erected in which the poor people could decently live."

Mr. Walker pertinently asked—

"What would be the use in pulling down Gray's Inn Road, each house of which was inhabited by half-a-dozen families, if they did not provide places in which these people could live? Would they substitute 'Peabody's Buildings' for the present houses, when those buildings were for a class above the poor? That was the question to be solved—where are the poor to be housed?"

The Chairman declared his entire agreement with those who said—

"In heaven's name let us have no more demolitions, unless you are at the same time prepared to set up buildings fit for the people to live in.'

That is the real question. And if provision for rebuilding is not made, it is a cruel mockery to talk about "Artisans' Dwellings." Large spaces have been cleared in many of the most thickly populated districts of the Metropolis, but hitherto not a single dwelling has been erected in place of the houses taken down. The work of demolition is still proceeding. The terrible suffering inflicted by this process upon the very poor cannot be understood by other classes. A very vivid picture of it is, however, presented in last week's *Dispatch*, by Mr. George R. Sims, in one of a series of deeply interesting sketches, entitled, "The Three Brass Balls." The following extract will give our readers a good idea of the kind of thing going on. According to Mr. Sims, Barton's Buildings had been condemned under Mr. Cross's Act, and—

"It had a bad name, had Barton's Buildings, and when people heard that it was to be pulled down under the provisions of the Artisans' Dwellings Act, it was felt that an eyesore was about to disappear from the Metropolis.

"It was the last day in Barton's Buildings.

"From early morning the narrow street had been blocked with the goods of the colony.

"Up from cellars and kitchens, down from top floors and garrets, came the inhabitants, laden with such things as they possessed.

"They had lingered on to the last, many of these poor creatures refusing to stir until the strong arm of the law forced them from their hiding-place.

"The police were in the alley, the inspector had been from house to house; tears and oaths were alike ineffectual—the hour had come, and the

little colony must wander forth and settle where it could. To-morrow the pick and the spade of the labourer would ring out loud and clear, and brick by brick the place would be razed to the ground.

"Slowly the people file out, bearing with them their scanty treasures.

"Here and there a truck is called into requisition by the property owners, the nobility of the buildings, who possess something carryable in the shape of a bed and perhaps a couple of chairs and a frying-pan.

"But there are few families who cannot bear among them their furniture and effects, for the effects, as a rule, are small and the families are large.

"It is a ghastly exodus, a procession of misery such as few modern towns could furnish. It is in the heart of London, the jewelled mistress of the cities, that penury and starvation are to be found in their most terrible forms. It is in the garden bright with flowers that the rankest weeds abound.

"Sorrowfully the outcasts come from the rookery that has been their home for years. Vile and awful as the dens were, they have become attached to them; they have grown used to the foul air, the reeking walls, and the crumbling staircases. They have crept here at night and found shelter; wandering forth day by day to fight for bread, they have known that hither they could bear it and find the young in the nest, that they had somewhere to lay their weary bones and aching heads, somewhere to call 'home.'

"The bulk of the last lingerers have passed away, some to other rookeries, some to the workhouse, some to shelter which they have procured at the cost of half their poor earnings.

"Day by day, as the old haunts of the poor are destroyed to make room for palatial 'model lodgings' and 'artisans' dwellings,' it has become a harder task for them to find shelter. The gorgeous buildings reared on the sight of their vaunted homes are far beyond their humble means, and the few existing places of the old-fashioned sort are crammed to suffocation.

"But go forth they must, and look for shelter 'somewhere.' It is not the duty of the law to inquire where, but to make them 'move on.'

"Out of Barton's Buildings the exiles pass, lingering sadly as they go. Old men and women come out like rats from their holes, blinking in the daylight—some of them so aged and infirm that they have to be borne in the arms of their kindred.

"Here comes a strange creature, with blurred features and misshapen limbs, trembling in her yellow rags and moaning with terror. It is ten long years since she saw the outer world. Why? That no one can tell you. There are mysteries in the courts and alleys of Babylon that none can divine.

"There go an old man and woman, with their little granddaughter guiding their tottering steps. The old man and his wife made toys, and the child took them out and sold them. The man is half imbecile, and he is crying and saying that he shall die in the streets. He has lived his life in Barton's Buildings, and has taken root there.

"So through the long day the panorama of human wretchedness passes before the eyes of the official on-looker. His task is nearly over, the houses are all but empty. Those who remain will be flung into the street if they refuse to go, and their belongings, if they have any, will be flung after them, and then the work of ejection will be done."

The picture drawn by Mr. Sims is, alas, true to the life! In the following extract, however, he anticipates what *may* be substituted for the demolished homes. But, it should be borne in mind, even this has not yet been accomplished, for the blocks of magnificent houses already reared, have been either built by private enterprise, or by the Peabody trustees. In the eye of faith, we suppose, Mr. Sims sees that—

"On the spot where Barton's Buildings stood there is now a block of magnificent houses let out in suites of apartments. Dainty muslin curtains and neat blinds grace the windows. They are governed by rules which require that all the tenants shall be respectable. Etiquette is studied here in all its branches. Gentlemen are requested not to lean out of window in their shirtsleeves, and dogs and cats are not allowed. Pianos on the three years' hire system are plentiful.

"Neat traps stop at the door on Sundays, and little family parties emerge elegantly attired for a drive.

"These are the buildings designed and built under the provisions of the Artisans' Dwellings Act. It is to provide these charming chambers that the poor are driven out into the street to find shelter where they can, or perish by the way.

"To deny that the measure is beneficial in any way would be absurd. It is a boon to the large class of well-to-do artisans and clerks with moderate incomes, who don't want to be bothered with a house, and who find it convenient to be provided by philanthropy with elegant apartments, at a less price than they could obtain them of the ordinary lodging-house keepers.

"For these the humbler artisans and the myriad toilers whose means of obtaining a livelihood are limited and precarious, are driven forth, and daily they find the question, 'Where shall I lay my head?' an enigma so difficult of solution that many of them give it up in despair, and compromise the matter by selecting the churchyard or the workhouse."

"A Rambler" is supplying to the *Daily Telegraph* a series of sketches of "Homes of the Poor." The one appearing in that journal of Monday last deals with the Gray's Inn Road district. "Rambler" having secured the assistance of a Sister of Mercy attached to the St. Alban's Mission, with her as his guide he explored several of the courts leading out of Gray's Inn Road. He gives the following description of a "home" in Fox Court:—

"It was difficult to grope one's way down into the room or apartment, or whatever one might call it; but when the door was opened the smoke that issued from the fire-place inside this retreat made the way more gloomy than ever. By the time, however, that my eyes had become accustomed to the dismal surroundings, I found that two women—one old, and the other comparatively young—were living here; that there were two beds made up; and that washing was going on. It is difficult to bring to the reader's mind a fair conception of the utter misery of this filthy 'home;' but some idea may be gathered from the fact that nearly every pane of glass in the window derived its light from the grating above, and that the three or four panes which remained were coated with mud and scarcely admitted a single ray. I have been into a large number of prisons in various parts of the world, but I do not remember ever to have seen a cell in any country which at all approached this room in hideous and depressing appearance. It was not more than about nine feet high; and along the ceiling, terribly black, ran a thick, heavy beam, from which were suspended on a rope several articles of clothing that had just been washed, and a rough-looking rug that was called by courtesy a blanket. The bed which was nearest the door, and in which four persons, as I presently learnt, slept, was far from cleanly—a huge bundle of rags, in fact; that on the opposite side of the room—intended, I presume, for two—was, perhaps, in a little better condition. In the centre of the apartment a shaky plank table stood—it is needless to say that no carpet was on the floor; there were two or three chairs; and with these the furniture was complete. But it was the window which most attracted attention. It opened upon a bank of brick and earth that rose higher than the topmost pane, and, even had it been free from obstructing patches of paper, could never have admitted much light; but, what with the iron grating above and the fewness of the pieces of glass remaining, scarcely a ray struggled in, and the whole apartment, even when the smoke subsided, was in the deepest gloom. I had been in it some minutes before I discovered that there was a sink in one corner of it, and that the people whom I found in the cellar were fairly respectable, so far as their attire and appearance went. I asked the old woman who lived in it how many persons inhabited the place, and she at once said, 'There are four on us, not mentioning the two babbies. Oh, yes; we're healthy enough. Leastways, we've been here six months, and we aint none on us ill. You see we can't move out o' the neighbourhood, because my husband's an engineer, and sometimes he gets work and sometimes he don't. He's got to go just when he's wanted. One day they send for him at six o'clock in the morning, another day perhaps at twelve. If we was away from here they couldn't send for him at all, and then he wouldn't get no work. You see his work mostly lays about Kirby Street, and if we lived in the country he wouldn't get nothing to do. We pay 2s. 6d. a week for this, and it's as good as we can get about here. Of course I should like a better place, but people won't take us because of the children.' This I found to be about the fact, even the landlords of the dismal hovels in the neighbourhood of Gray's Inn Road objecting to people with large families occupying single rooms."

Of the good work done by the St. Alban's Mission, especially during the past severe winter, "Rambler" says:—

"I mention the Charity, which is organised under the auspices of Mr. Mackonochie and his friends, because it has been through its means that hundreds who must otherwise have perished are still alive to throng the dungeons into which I found my way. Had it not been for the kindly efforts of the good women who, regardless of comfort and heedless of danger, went about amongst these starving people, cheering them by their kindly words, and keeping body and soul together by their timely gifts, I should not now be writing of such overcrowded dwellings as those with which my article deals."

"Rambler" adds another testimony to the accumulated mass of evidence, which shows that the evil of overcrowding is intensified by the clearings in progress. And he points out, too, the danger of the existing state of things to the better classes:—

"Remember that this district, as I have said before, lies in the very centre of London, surrounded by handsome thoroughfares and streets; that it is shut in from public gaze by the well-built shops of Holborn, and the comfortable dwellings of the Euston Road; that even from the Gray's Inn Road itself but little is seen of the dark picture till its unwholesome

courts and alleys are penetrated; and that the people who are thus confined in wretchedness and filth suffer within a stone's throw of the wealth and business of London. They cannot quit the hovels they inhabit, because their work lies round about the place. As each succeeding space is cleared away, and more houses are pulled down, they necessarily become more and more huddled together. Decent men with their wives and children are forced to betake themselves to attics and cellars, in which they would at one time of their lives have disdained to place a dog. Every day makes matters worse. What would be the result if disease of an epidemic nature were to break out no one can tell, but one thing is certain, that from the steaming dens of Gray's Inn Road the infection would not be long in finding its way to more respectable and happier quarters."

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

To the Editor of "HOUSE AND HOME."

SIR,

I am sorry to see a lady coming before the public in your issue of the 10th April, proclaiming herself a carnivorous animal. Surely she cannot know better than the philosophers and scientists who have written on the structure of man, and on the human teeth. One quotation well known to vegetarians must suffice, from Baron Cuvier's "Animal Kingdom": "The natural food of man, judging from his structure, appears to consist principally of the fruits, roots, and other succulent parts of vegetables." The two rows of good human teeth are needed to eat apples and pears, and to crack nuts. They are not suited for crunching flesh and bones, like a wild beast. Let your correspondent compare her own teeth with those of her cat, and note the difference. The ninth chapter of Genesis, and third verse, does not refer to food or drink. The word meat used here means that which is useful, and the verse should be quoted, "every living thing that moveth shall be useful, even as the green herb have I given all things." Everything the good Lord has created has a certain use and purpose, which man cannot always see. We may *use* the gifts of the Lord, but we may not *abuse* them. We may use the male cattle in land and service, we may use the wool of the sheep and the hair of the goat, the milk of the cow and the eggs of the fowl, but we must not eat their flesh or blood, as this is strictly forbidden in the fourth verse of the same chapter, which your correspondent declines to quote.

Regarding corsets—if they were never adopted they would never be needed. Men do not wear them, nor require them, and their spines are not any stronger than women's. Corsets crook the shoulders, flatten the chest, and destroy the classic outline of the figure. Who ever saw a Grecian statue with a corset? Our mother Eve would have been greatly astonished at such a machine.

With regard to the matter of dress, if ladies displayed less of their figures in the streets, it would be more seemly, and if they took more exercise about their own houses, and out of doors, and gave up lounging on feather couches and pillows, they would not have such weak spines. Beef, beer, and laziness are great incentives to debility.

I think the liberal and progressive tone of your journal will never interfere with its sale. These are progressive times, as events show, and it is always well to be with the times, or a little in advance of them, if possible.

Yours, &c.,

A VEGETARIAN LADY.

SMILES.

As a beam o'er the face of the water may glow,
While the tide runs in darkness and coldness below,
So the cheek may be tinged with a warm, sunny smile,
Though the cold heart to ruin runs darkly the while.

Moore.

NOTICE TO QUIT.

THE *Newcastle Chronicle* gives the following useful information in its last week's issue:—

We receive so many questions bearing on the relations of landlord and tenant to each other, and especially on the determination of tenancies by means of notice on either side, commonly, though erroneously, called notice to quit, that we think it may be useful to offer a few observations on the subject of such notices. Generally a notice to quit is required to determine a tenancy from year to year, from month to month, or from week to week; but no such notice is required when the tenancy is for a fixed term, as for one year certain, or on the expiration of the term created by lease, whether for a short or long term. In the latter class of cases the landlord is entitled to require, and the tenant to give up possession at the end of the term, without any express notice on either side. Sometimes, in the case of long terms—*e.g.*, for ninety-nine years—a previous reminder is sent by the landlord to the lessee in possession, but this is merely a matter of convenience, and does not strictly belong to our present subject. A tenancy from year to year can, with the exception hereinafter noticed, be terminated by either party giving to the other half a year's notice, expiring on the anniversary of the commencement of the tenancy. Thus, a Lady Day tenancy requires notice to be given on or before Michaelmas Day. It will be observed that this is not quite six calendar months; but in the case of tenancies running from any of the usual quarter-days a notice from the correlative quarter-day is sufficient. If, however, the tenancy dates from any other time, as from 1st March, the notice must be served fully six months before the day on which the tenancy is to be determined. The exception above referred to exists in the case of lands within the scope of the Agricultural Holdings Act, 1875—that is to say, agricultural or pastoral land of two acres or more, held under one tenancy, in respect of which the operation of the Act has not been excluded by agreement in writing between the landlord and tenant. In these cases a year's notice expiring with a year of the tenancy is requisite. If a house be taken by the quarter a quarter's notice is sufficient; and this may expire with any quarter. In like manner a monthly tenancy may be put an end to by a month's notice, and a weekly tenancy by a week's notice; and either of such notices may be given at any time of the year. It is sufficient if the notice and any month or week of the tenancy expire together. Difficult questions often arise as to whether a tenancy is yearly or quarterly; and the payment of rent quarterly does not assist in the solution of such questions, for quarterly payments are not inconsistent with a yearly tenancy. If the house is taken by the year, the tenancy is a yearly one, although by arrangement the rent may be paid quarterly. Sometimes this distinction becomes important; and it would save much difficulty and annoyance if the terms of letting were in every case written down and signed by both parties. The security given to both landlord and tenant by an agreement in writing is well worth the cost of the requisite stamps.

A notice to quit should always be in writing, in order to avoid misunderstanding; and a copy of the notice should be kept, with a memorandum of the date and mode of service written thereon, in order that the service may be proved, if necessary. It must also be clear and definite. An optional service is useless. A notice to quit will also be of no avail if it be limited to expire otherwise than on the proper quarter day, or before the expiration of that day. For example, a notice to quit at twelve o'clock at noon on the quarter day is altogether void and of no legal effect. And this brings us to one of the most amazing of popular delusions. Not one individual alone, but hundreds of people believe that if a notice to quit be served on quarter day, it must be served in the forenoon. Of course, a moment's reflection would convince any person that the afternoon must be as good as the forenoon for this purpose. The day does not end at noon, but at midnight. Whenever a notice can be served personally, it should be so served. But sometimes this is inconvenient, and in such cases the notice may be left at the residence of the landlord, if given by the tenant; or on the premises, if given by the landlord. In either case it should not be left with a child, but given to an adult, or to a person apparently sixteen years of age or upwards, whose name should be ascertained and noted in the memorandum of service on the duplicate notice. If the house is deserted and the tenant cannot be found, notice may be served by being affixed to the outer door. If, however, any subsequent address of the tenant be known, the notice should not be affixed, but be served at that address. If the tenant should refuse to give up possession on the expiration of the notice, the landlord can bring an action of ejectment against him. Or he may, at his own option, allow him to remain, and thus a new tenancy will be commenced. And it makes no difference in this respect whether the notice is given by the landlord or the tenant. When the rent does not exceed £50 a year, an action for recovery of possession (popularly called an action of ejectment), may be brought in the County Court. If the yearly rent does not exceed £20, then the landlord may resort either to the County Court or to the magistrates in petty sesssions. When a house is deserted by the tenant, an old Act of Parliament gives power to the magistrates to deliver possession to the landlord. This procedure is seldom resorted to—in fact is very little known—but may sometimes be useful, when there is any difficulty about serving a notice to quit. This, however, does not properly belong to our present subject. In order to bring a case within the statute, the house must be deserted; rent must be due; and there must be no sufficient distress on the premises to satisfy the rent due.

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

Like flakes of snow that fall unperceived upon the earth, the seemingly unimportant events of life succeed one another. As the snow gathers together so are our habits formed. No single flake that is added to the pile produces a sensible change; no single action creates, however it may exhibit, a man's character; but as the tempest hurls the avalanche down the mountain and overwhelms the inhabitant and his habitation, so passion, acting upon the elements of mischief, which pernicious habits have brought together by imperceptible accumulation, may overthrow the edifice of truth and virtue.—*Jeremy Bentham.*

Beautiful things are suggestive of a purer and higher life, and fill us with a mingled love and fear. They have a graciousness that wins us, and an excellence to which we involuntarily do reverence. If you are poor, yet pure and modestly aspiring, keep a vase of flowers on your table, and they will help to maintain your dignity, and secure for you consideration and delicacy of behaviour.—*T. T. Lynch.*

Greatness stands upon a precipice; and if prosperity carry a man ever so little beyond his poise, it overbears and dashes him to pieces.

Leisure and application are the great requisites for improving the mind; leisure is useless without application; but application with a very little leisure may produce very material benefit. If you are careful of your vacant minutes, you may advance yourself more than many do who have every convenience afforded them.—*Thomas Young, M.D.*

We pine for kindred natures,
To mingle with our own—
For communings more high and full
Than aught by mortal known.
We strive with brief aspiring
Against our bounds in vain,
Yet summoned to be free at last,
We shrink and clasp our chain.

Hemans.

If a man perform that which hath not been attempted before, or attempted and given over, or hath been achieved, but not with so good circumstances, he shall purchase more honour, or virtue, wherein he is but a follower.—*Bacon.*

One very common error misleads the opinion of mankind, that, universally, authority is pleasant, submission painful. In the general course of human affairs, the very reverse of this is nearer to the truth. Command is anxiety, obedience ease.—*Paley.*

With vivid words your just conceptions grace,
Much truth compressing in a narrow space;
Then many shall peruse, but few complain,
And envy frown and critics snarl in vain.

Pindar.

We have different forms assigned to us in the school of life—different gifts imparted. All is not attractive that is good. Iron is useful, though it does not sparkle like the diamond. Gold has not the fragrance of a flower. So different persons have different modes of excellence, and we must have an eye to all.—*Wilberforce.*

The three intentions of poetry—increase of good, increase of understanding, and increase of happiness.—*Catherall.*

Of all sights which can soften and humanise the heart of man, there is none that ought so surely to reach it as that of innocent children enjoying the happiness which is their proper and natural portion.—*Southey.*

Circumstances are the rulers of the weak; they are but the instrument of the wise.—*Lover.*

A poor man that hath little, and desires no more, is in truth richer than the greatest monarch that thinketh that he hath not what he should, or what he might, or that grieves there is no more to have.—*Bishop Hall.*

Find earth where grows no weed, and you may find a heart wherein no error grows.—*J. S. Knowles.*

THE HOUSEWIFE'S CORNER.

BOILED TURNIPS.

Turnips should only be served whole when they are very young, and then they should be covered with white sauce. When they have reached any size they should be mashed. Pare the turnips, and wash them; if very young a little of the green top may be left on; if very large they should be divided into halves, or even quarters. Throw them into slightly salted water, and let them boil gently till tender. Drain and serve them. Time to boil old turnips, three-quarters of an hour to an hour and a half; young turnips, fifteen to twenty-five minutes. Probable cost, 5d. to 7d. per bunch. Sufficient for five or six persons.—*Cassell's "Dictionary of Cookery."*

LANCASHIRE HOT-POT.

Take the best end of a neck of mutton, the sheep's kidneys, a moderate-sized onion, and the tinned oysters; free the mutton almost entirely from fat, and cut it into neat chops. Take a wide, brown earthenware stew-pot, and fill it with alternate layers of the chops, the kidneys, cut into thin slices, some sliced potatoes, and the onion very finely minced. Before putting in the meat season each piece with pepper and salt. Place whole potatoes over the topmost layer; put in the liquid from the oysters, and add half a pint of stock or water. Cover the stewpan closely, and bake it in a gentle oven for about three hours. If there is any danger that the dish will be too dry, add a little more stock. When the meat is tender, lift it on a hot dish, and add the oysters, which have been made hot by being put upon a dish in the oven for a few minutes; pour the gravy over all and serve very hot. The sliced potatoes should be dissolved in the gravy.—*Cassell's "A Year's Cookery."*

HOW TO OBTAIN OUR SECOND VOLUME FREE OF COST.

The Lay Preacher says of this volume:—

"The second volume of *House and Home* is even an improvement upon the first. Mr. Pearce deserves great credit for the spirit with which this weekly is conducted, and for its high moral tone. As a cheap weekly paper, exclusively devoted to household matters, it stands unrivalled."

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PORTRAITS.

The following Portraits are in preparation:—

RIGHT HON. SIR STAFFORD NORTHCOTE.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, Esq., C.B.
&c., &c., &c.

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HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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Registered for Transmission Abroad.

MR. JOHN LOBB.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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MR. JOHN LOBB.

Mr. Lobb presents an example of what may be accomplished by industry and perseverance. Born in London on the 7th of August, 1840, he is indebted to fortune in a very limited degree; but he inherited a sound physical constitution, and a capacity which has secured him a place of usefulness and influence in the world. His chances of education were but few, still, he might have profited more by them had he been of a less energetic nature. His place in the school was often vacant, and sometimes these frequent absences entailed penalties which disturbed his peace of mind. But as the youthful Lobb was ever ready frankly to confess a fault (even though he should go and commit it again the next moment), the schoolmaster's frown was prone to turn into a smile, and the threatened castigation ended only in a reproof. The result was that when he left school for business he was not heavily burdened with scholastic lore. He soon found that he had his education to begin, and realising the situation, he did not delay long the toilsome task.

At fifteen years of age he went to work, and from that period until he was nineteen he applied himself zealously to self improvement. After each day's labour came study, until the sight refused its work; then after a "narrow bar of sleep," as Emerson puts it, again up and away to labour. This was the course he followed, summer and winter. A young man who will turn out of his warm bed on a bitter winter's morning, and with book in hand will pace his room, or jump about for warmth, deserves success; and this was the guerdon which Lobb won, though by slow and painful degrees.

Ar the age of nineteen we find him preaching, a year later he was formally received by the Primitive Methodist Conference into their ministry, and in the year 1862 his name was officially announced on the "Stations" of Conference for Sittingbourne, in Kent. By this time the young preacher had so far remedied the defects of his early training as to have given himself a fair English education, and, in addition, to have stored in his mind a large amount of miscellaneous information. As his pecuniary resources did not allow him to invest in many books at a time, he would save his cash until he could buy the best work on a given subject, which when used he would dispose of or exchange for another, losing but little on the original price. In this way Lobb was enabled to procure and study a far greater number of books than he otherwise could. As a finishing course, he spent two years in the evening classes of the Rev. C. H. Spurgeon's Pastors' College, which rendered him material service.

His next chapter of life and labour opens in his engagement with the well-known firm of stationers, Messrs. Spicer Brothers, of New Bridge Street, E.C., with whom he remained for ten years. During all this period he was gradually, though silently, preparing for what proved to be his life-work—literature. In the year 1870 he established a local journal, entitled the *Kingsland Monthly Messenger*, which proved a success in more ways than one. Having conducted it as a paying concern for three years and a half, his services were solicited by the proprietor of the *Christian Age*, a paper which had been established twelve months, and then had a circulation of about five thousand weekly, but it did not pay. Mr. Lobb accepted the proposal, and his able management raised the circulation from five to nearly eighty thousand. Thus the *Christian Age* took its place in the front rank of religious periodicals.

In July of 1877, Mr. Lobb entered into partnership with Mr. Dickinson in the periodical entitled the *Daisy*. The leading feature of the *Daisy*, as of the *Christian Age*, is the combination of American with English literature; thus both periodicals are in a sense Anglo-American in character. These undertakings were, however, insufficient for the superabundant energies of Mr. Lobb. He undertook the selection and publication of D. L. Moody's "Arrows and Anecdotes"—a book that had a large circulation. Its success encouraged Mr. Lobb to issue the well-known work "Uncle Tom's Story of his Life," of which 100,000 copies were sold, and it has been translated into twelve languages. It is an autobiographical work, by the Rev. Josiah Henson, alleged to be the *original* character of Uncle Tom, in Mrs. Harriet Beecher Stowe's "Uncle Tom's Cabin." The work contained introductory notes by Mr. George Sturge and Mr. S. Morley, M.P. Mr. Lobb subsequently issued a "Young People's Edition," illustrated, for which the preface was written by the Earl of Shaftesbury.

Up to August, 1876, the Rev. Josiah Henson ("Uncle Tom") was an entire stranger to Mr. Lobb. In 1851 he visited England, when a committee was formed to help him in his Evangelistic work among the coloured people. Through the influence of this committee money was raised, and Henson returned to Canada. The Wilberforce Institute was erected for the coloured people, but was soon in financial and legal difficulties, and Henson was involved in litigation, which left him in debt to the extent of £800. This serious personal loss induced him again to visit England. But after the lapse of twenty-five years most of his old friends had passed away. He arrived in England in June, 1876, collected the sum of £150, and in the month of August in the same year he

intended returning with £150 towards the debt of £800. It was at this juncture that a trivial incident in itself led to the introduction of Henson to Mr. Lobb, who ascertained the extent of his liabilities, and at once entered heart and soul into his case. Through the columns of the *Christian Age* it was announced that "Uncle Tom" was in England, needing help. As a result, applications, to the extent of almost five thousand, flowed in for his services from all parts of the kingdom; and from these Mr. Lobb made selections and engagements, accompanying his coloured friend to fulfil them. Within eight months, Mr. Lobb had assisted him in realising the sum of between £2,000 and £3,000. The crowning event was the visit to Her Majesty the Queen at Windsor Castle. The Queen had previously accepted a copy of the "Life," and this led to the royal command for Henson and Mr. Lobb to appear at Windsor Castle. We subjoin, from the *Times*, published March 6th, 1877, an account of the visit:—

"Her Majesty the Queen, having been graciously pleased to accept a copy of 'Uncle Tom's Story of his Life,' expressed the great interest she had felt in its perusal, and her wish to see Mr. Henson. This was duly communicated by letter from Sir Thomas Biddulph to Mr. John Lobb, and the arrangements made for a visit to Windsor Castle. On Monday, March 5th, 1877, the Rev. Josiah Henson left London by South-Western train to Windsor, accompanied by Mrs. Henson, his second wife, and Mr. John Lobb, of the *Christian Age*, the editor of Uncle Tom's autobiography. The party reached the Castle at one, and were received by Sir T. M. Biddulph, K.C.B., who, after introducing them to Major-General H. Ponsonby, invited them to partake of luncheon. At three Her Majesty, accompanied by Prince Leopold and Princess Beatrice, appeared in the corridor leading to the Oak Room, attended by the Hon. Horatia Stopford and the Countess of Erroll, ladies-in-waiting. Mr. Henson was then presented to Her Majesty by Sir T. M. Biddulph. Her Majesty expressed pleasurable surprise at the coloured gentleman's strikingly hale and hearty looks, considering his great age. He was born, it will be remembered, on June 15, 1789. Her Majesty was also pleased to say that for many years she had been well acquainted with his history, and presented him with her photograph, signed, 'Victoria Reg., 1877,' and mounted in a handsome ormolu frame. Mr. Henson thanked Her Majesty on his own behalf for the great honour conferred upon himself, as well as on behalf of his coloured brethren in Canada, and other portions of Her Majesty's dominions, for her august protection when they were poor fugitive slaves, and for the unspeakable blessings they had at all times enjoyed under her rule. Mr. John Lobb was then presented by Sir T. M. Biddulph to Her Majesty as the editor of Mr. Henson's autobiography, a copy of which had been graciously accepted by Her Majesty, who was pleased to say that she had, with other members of the Royal family, read it with the deepest interest. At Her Majesty's gracious request the autographs of the Rev. Josiah Henson and Mr. J. Lobb, with the date of the birth of each, were then inscribed in Her Majesty's private album. Her Majesty had given special permission that all the household should see 'Uncle Tom,' and they showed great interest in the veteran, many shaking him heartily by the hand. 'Uncle Tom' and his friends were, by the Queen's directions, shown over the Castle, and taken through the private and State apartments, by Sir John Cowell, eventually quitting the place at half-past four o'clock highly pleased with the Royal reception."

Mr. Lobb is popular as a lecturer and a preacher, and he has been the means of raising £1,200 for schools and other charitable purposes. He invariably has on hand more invitations than he can respond to. As in his books, so in his public addresses Mr. Lobb is racy, and to the point. His chief aim is to get at his audience, and this he rarely fails to do. Sympathy is the controlling power of his organisation. His vein of mimicry is extraordinary. One of his chief lectures is "Uncle Tom's Forty-two Years' Slave Life, and the Visit to the Queen." Mr. Lobb has great influence over young men, whose struggles and temptations he knows so well, and with children, into whose sports, feelings, and young aspirations he can throw himself like a veritable child. The *Daisy*, conducted by Mr. Lobb, has reached its sixth volume, and it has been generously acknowledged by the Queen of Spain. A total of 20,000 volumes have been sold. Total abstainers will be interested in knowing that Mr. Lobb is one of their number.

THE BUILDING EXHIBITION, FROM A POPULAR STANDPOINT.

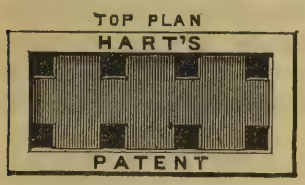
I.—Building Materials: Bricks, Tiles, Concrete, Cements, &c.

Last week, in an introductory notice of the Building Exhibition, we expressed our cordial approval of the undertaking. We have now only to add that it was well sustained throughout, the attendance being good until the close of the Exhibition; and Mr. John Black, to whose tact and energy its success was due, informs us that it is intended to repeat it annually. From the scope of our journal, we, of necessity, get numerous inquiries from intending house purchasers, as to the best materials, fittings, sanitary arrangements, &c., for dwellings; and hence we know that a large proportion of our readers will be directly interested in the description of the principal exhibits which we have promised. Competition and a spirit of friendly rivalry will induce the leading manufacturers to vie with each other in introducing improvements in building materials; and to the increasingly large class of the community desirous of purchasing houses for their own occupation, no information can be more welcome than that which will arm them against the arts of the speculative builder, and, to a degree, enable them to judge for themselves of the soundness or otherwise of a house. The stability of the building mainly depends upon the quality of materials used, and the chief of these come within the range of our present article.

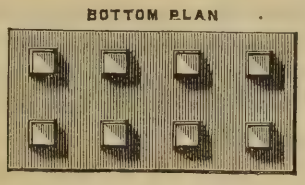
Bricks.—Of these there was a very good display, the principal makers and merchants being represented. *Messrs. W. J. White and Co.*, of 2, Gresham Buildings, Basinghall Street, exhibited specimens of Harpin's Improved Pressed Brick, a beautiful brick, of unusual density and hardness, and quite impervious to damp; and also a variety of white, red, blue, and vitrified bricks, plain and moulded, with paving-ware of great variety and of excellent quality. *Messrs. Joseph Cliff and Sons*, of Wortley, near Leeds, displayed a large assortment of white and coloured bricks, their speciality being a patent glazed brick, in white or coloured, which is being largely used for reflecting light, while in inside work for corridors, &c., it makes an excellent finish, the walls never requiring more than simple washing. Their new Majorica-Faced Brick attracted

considerable attention. *Messrs. Eastwood and Co., Limited*, of Belvedere Road, Lambeth, and Whitehall, by Strood, exhibited white and coloured glazed bricks, diaper bricks and blocks in various colours for ornamental work, the excellence of which accounts for the high reputation of this house. *Messrs. Ward, M'Culloch, and Co.*, of Battle Bridge Wharf, King's Cross, exhibited the blue vitrified brick of the Cakemore Company, while *Mr. Thomas Lawrence*, of Bracknell, showed some very good pressed and moulded bricks.

But the brick which attracted the greatest notice was undoubtedly Hart's Patent Bond Brick (Palace Chambers, Westminster), as shown below :—



The top plan view.



The bottom plan view.

This brick was examined by engineers and architects of the highest reputation, who pronounced it to be the most important invention of modern times. Its principle may be applied to bricks of every variety of shape, and it will undoubtedly come into use whenever work of extraordinary strength is desired. From the diagram given, our readers will see that a wall built with these bricks would literally be a solid mass. Some critics have pronounced it "the brick of the future;" we think that since its advantages are so apparent as to bring it into immediate use, it might be more appropriately termed "the brick of the age."

Tiles.—*Messrs. Eastwood and Co.* exhibited pressed tiles in many patterns, suitable for plain or ornamental work, and likely to be in great requisition for building in the Queen Anne style. *Messrs. Ward and M'Culloch* exhibited red, blue, and ornamental tiles. *Messrs. W. J. White and Co.* made an attractive display of tiles, plain and ornamental, as also did *Messrs. Ashton and Green*, of 11, Bury Street, Leadenhall Street. But the novelty in tiles was exhibited by *Mr. John Matthews*, of Weston-super-Mare, in their "Bonding Roll" roofing tiles. These tiles have square corners and a bond-like slate; and a roof covered with them resists wind, snow, or rain. Glass tiles are made for lighting purposes. These tiles are especially suited to church and Gothic work, and are likely to supersede the old forms of roll tiles. *Mr. J. F. Clarke*, of 49, Moorgate Street, exhibited specimens of Patent Mosaic Tiles, same as have been laid in Paris for many years, where they have stood seven years' street traffic. They took the first prize at the Paris Exhibition, 1878.

Concrete.—The question of Concrete *v.* Brick, although not decided, is steadily nearing solution. The advocates of concrete are getting a hearing, and they were well represented at the Exhibition. The specimens of the work were generally excellent, and the finish all that could be desired; and if, as *Mr. John Mingay Tall*, the original patentee, assured us, a saving in cost of from 30 to 60 per cent. can be effected by it, prejudice will at length yield to economy. In an interesting conversation Mr. Tall informed us that burnt clay (ballast), gravel, or coke breeze, with Portland cement, can be used with equal success, but he never used lime in concrete work. Mr. Tall, whose address is Belvour Road, Dulwich, claims for the apparatus exhibited by him that its simplicity ensures superiority over every other make. *The Patent Concrete Building Apparatus Company*, of 172, Blackfriars Road, exhibited their revolving and self-fastening apparatus, which, they claim, surpasses other kinds. *Charles Drake and Co.*, of 37, Rockingham Street, Newington Causeway, showed their apparatus with specimens of work, including artificial stone mantel pieces, paving, &c., and a door which is said to be absolutely fireproof. *Mr. W. H. Lascelles*, of 171, Bunhill Row, made a splendid display of concrete blocks, slabs, bricks, &c.; including a fireproof ceiling and floor made of concrete and iron; and also chimney-pieces in excellent designs. The material resembles red brick or terra-cotta in appearance, and is made of powdered burnt brick, cement, and lime. Mr. Lascelles claims to be able to build cottages, or houses of any description, very much cheaper than in brick; they also have the advantage of being water-proof, fireproof, and vermin-proof.

Artificial Stone, Cement, and Stone.—Each of the exhibitors of concrete showed specimens of artificial stone. Besides these, *Messrs. Ransome and Co.*, of 10, Essex Street, Strand, exhibited an archway of artificial stone, together with some other specimens in that material. *Messrs. Hodges and Butler*, of 19, Gresham House, Old Broad Street, E.C., claimed for their silicated stone pavement that it is more durable and thirty per cent. cheaper than York stone. The *Patent Victoria Stone Company*, of 305, Kingsland Road, exhibited specimens of their stone applied to various uses. They allege that it is equal to York stone, and point to instances where it has been, as a pavement, subjected to hard wear for nine years. *Mr. Samuel Tricket*, of the Victoria Stone Wharf, Millwall, E., made a good display of Red Corsehill and other stone, including almost every kind in the market, and the *Hollington Stone Company, Limited*, near Uttoxeter, were also represented, exhibiting the famous "Keuper" stone. *Messrs. Eastwood and Co.* had samples of their celebrated Portland cement, which evidenced their ability to maintain the reputation they so justly bear for that article. *Messrs. Ransome and Co.* exhibited their "Crater" Cement, which merits attention.

Iron Construction.—*Mr. J. C. Humphreys*, of the Borough Road, Southwark, and Albert Gate, Knightsbridge, exhibited several small iron buildings, one being a small mission hall, twenty-four feet by fifteen feet, and twelve feet high, lined with match-boarding. Mr. Humphreys has attained great celebrity for these structures, which he manu-

factures in a great variety of forms, and of various sizes. They are capable of being put to many uses, can be fitted up so as to meet every requirement, and are very cheap.

(To be continued).

CLOSE OF THE BUILDING EXHIBITION.

On Monday morning last the Building Exhibition was closed, without further ceremony, on the presentation of a testimonial to the manager, of which the following is a copy :—

"To John Black, Esq., promoter and manager of the Building Exhibition, and his valued staff of assistants, for the courtesy, kind consideration, and indefatigable attention to the requirements and welfare of the exhibitors, architects, builders, and others during the opening, the undersigned desire to express their gratitude, and trust that they may meet again under more auspicious circumstances. Presented, on behalf of every exhibitor, by Samuel Smith, Decorator, Grand Stand."

Mr. Black, in acknowledging the compliment paid to him, assured the exhibitors of his determination to make this exhibition the basis of a far more extended sphere for trade displays, and stated that he had engaged the Agricultural Hall next year for two weeks for the purpose of a second Building Exhibition.

NARCOTICS.

By Rev. C. H. Collyns, M.A.

I.

The name *narcotics* comes from the Greek word *narké*, which means deadness, or numbness, and is given to those substances which, when taken into the human body in sufficient quantity, produce torpor and stupefaction.

Now, it is contrary to nature to deaden and benumb our bodies, or any portion of them. A healthy man needs, and feels pleasure in, the full strength of his bodily powers. There is, moreover, one peculiar character in narcotics which makes their use especially dangerous: the more we take them, the more we seem to need them. Persons, perhaps, use them at first because they lessen pain, or because they appear to soothe and quiet their nerves. At first, perchance, they use them very little, but as their bodies grow accustomed to them these narcotics cease to have their full effect; and so gradually a larger quantity of them is taken, until at last persons become slaves to them, and both mental and bodily health are undermined, and in many cases ruined. People have been known to go on taking more and more opium, until they have swallowed on one day what would have been enough to kill many ordinary persons who had not been used to it. This character of narcotics it is which makes the use of them so especially dangerous. *Opium* is the juice of poppies, *morphia* is the active principle yielded by opium, *laudanum* is opium dissolved in spirit. We have all of us heard of opium-eaters. The Chinese suffer terribly from this dreadful habit of opium-eating. In England mothers and nurses often give *soothing syrup* to children to make them quiet, and to induce them to sleep. This is a most mischievous custom, for the soothing syrup generally contains laudanum. We read not seldom of children who are killed in this way; but thousands who do not die are rendered sickly and diseased, and are stunted in their growth. Boys and girls should remember this when they grow up, and become fathers and mothers; and even now they may kindly tell their mothers what they have learned about this custom. Two of our greatest English writers, Coleridge and De Quincy, became slaves of opium, and though they were such learned and clever men that their writings delight us, and are an honour to England, they ruined their health, destroyed their own happiness as well as that of their friends, and brought about their deaths by indulging themselves, for their own gratification, in the use of this deadly narcotic.

Of late we have heard a good deal about another narcotic, *coca* (not cocoa), a leaf of a plant of the natural order *Erythroxylacæ*. A well-known pedestrian, or walker, named Weston, recently tried to use it, but instead of being helpful to him, it narcotised him—that is, it sent him to sleep. The Peruvians, and other inhabitants of South America, take it to give them for a time increased power of endurance. Like other narcotics, it simply benumbs the nerves, and so lessens for awhile the sense of hunger; but, in the end, greatly injures the whole system.

The lesson for us to learn, both young and old, especially the young whose habits are as yet unformed, is that these narcotics are all alike mischievous; that for a healthy body, without which there cannot be a pure and healthy mind, the things needed are pure air, pure food, exercise, and cleanliness. The narcotics most in use in Europe are alcohol and tobacco. The former is the more rapid and immediate in its effects; in fact, it is the most ruinous narcotic known. The results of its use we see all around us in desolated homes, in the destruction of the bodies and souls of men and women who are held fast in its thraldom, and hurried on to death by indulgence in it. Moreover, besides the evidence which is before us of the mischief which alcohol produces, many good and learned men have written treatises concerning it, and numerous societies have been formed to rescue men from its influence. It is the less necessary, therefore, to say more about its use in this place; but concerning the use of that other narcotic, its too frequent companion, *tobacco*, far too little is known. Let us, then, speak a few special words concerning a substance now in such common use. First of all it is a narcotic, so that all which we have said about narcotics in general, and the danger of using them, belongs also to tobacco. Then what do some of our great physicians and other learned men say about it? Let us hear. "It is," says Dr. Drysdale, "one of the most virulent of all vegetable poisons." A very learned physician, Dr. Benjamin Richardson, F.R.S., has studied this matter closely, and in a book which he has written, entitled, "Diseases of Modern Life," he tells us some terrible things about the habit of smoking.

He analysed the smoke from tobacco-pipes and cigars, and found in it many most hurtful ingredients. First there was *free carbon*, which acts as an irritant; then *free ammonia*, which bites the tongue, dries up both it and the throat, and excites the glands to produce saliva, thus wasting that element so absolutely necessary in preparing our food for the stomach. All will have observed how smokers spit. This ammonia likewise thins the blood. Dr. Richardson found also in the smoke *carbonic acid*, which produces sleepiness, headache, and lassitude. Sometimes he found *carbonic oxide* in it. This last element is especially poisonous, causes the movements of the heart to be unsteady, and those of the muscles to be tremulous

and shaky, and brings on vomiting. Lastly he discovered in the smoke the deadly alkaloid *nicotine*, which is the cause of trembling, of palpitation of the heart, and of that terrible affliction, paralysis. The stomach, Dr. Richardson tells us, the brain, and the nervous system are, one and all of them, evilly affected by the use of tobacco. But when we speak of the use of tobacco, we must not forget that the dirty customs of *chewing* and of putting *snuff* into the nose are to be condemned as much as that of smoking.

A person beginning or learning to smoke feels sick, perhaps vomits. This is the way in which nature tells him that he is poisoning himself. When he begins, his brain grows pale and empty of blood (without a proper supply of good, healthy blood the brain cannot work properly); his stomach is reddened in round spots, like patches of dark velvet; his blood becomes thin and fluid; his lungs are pale; his heart is burdened with blood, and does not contract as it ought to do. After a while, his body having become more accustomed to the use of tobacco, if the blood of the smoker be again examined, the red globules show the signs of a man who is physically depressed, and who is wanting both in muscular and in mental power. The appetite for food, also, is not robust and strong, but requires to be *tickled* by sauces and condiments. This is because of the action of the tobacco upon the gastric juice, which is required for the healthy digestion of food. The tonsils and throat likewise are affected, and men have what is known as "smokers' sore throat." Sometimes cancer on the tongue is produced; often the eyesight is injured, and the power of hearing. Very often *vertigo*, or giddiness of the brain, comes on. The organic nerves of the body lose their power, as well as the volitional nerves, through which our will works, *nicotine* acting in a specially injurious manner on the *motor* fibres of the spinal nerve. "Any nation, of natural habits," writes Dr. Richardson, "would relinquish the use of tobacco." "If," he says, in another place, "we had a fine race of men, and they began to smoke, and the smokers married, and children were born to them, the result would be that there would be bred a generation of men and women physically inferior to that which had gone before it." So, then, it is not only individuals here and there who are injured by this narcotic, but whole races and nations are made worse by it. This is a terrible thought, and we cannot therefore wonder that the great physician whom we have been quoting writes the words which we are about to cite from the book already mentioned. All, both young and old, should lay them to heart. "Why," he cries, "should there exist perpetually a million of Englishmen (*that is, who are smokers*) not one of whom can be written down as in perfect health from day to day? Why should a million of men be living with stomachs that only partially digest, hearts that labour unnaturally, and blood that is not fully oxidised? In a purely philosophical point of view the question admits of but one answer—viz., that the existence of such a million of imperfectly working living organisms is a national absurdity."

Dr. Richardson here says that if we are philosophers we shall not smoke. Now, philosophers—that is, lovers of wisdom—we are all of us bound to be. The use of tobacco he declares to be "an entire departure from natural law," and "its indulgence," he says, "indicates an unsound reason."

THE PREMIERSHIP.

We take the following interesting details as to the nature and duties of the various officers of State from the *Newcastle Weekly Chronicle*:—

"Although historians apply retrospectively the term 'Premier' to men whose relations with the Sovereign or personal ascendancy of character and ability gave them the chief influence in the counsels of the nation; to Montague, Godolphin, Harley, Townshend, and Stanhope, the title, in its modern meaning, does not belong to any of them. Sir Robert Walpole was the first English statesman who can be called Prime Minister of England, in the sense of having any close analogy with that which the term now bears. Two things were necessary to the development of the position, for it cannot be called an office. The first was the retirement of the Sovereign from the work of Government and of Parliamentary influence and control; the second, the existence of a statesman with moral ascendancy over the House of Commons and over his colleagues. Townshend and Stanhope, and Sunderland shared with Walpole the opportunity offered by the accession of George I., and indeed had their chance before him, but they failed to use it. He was the first Prime Minister, though he himself, as Lord North did afterwards, disclaimed the title. When in 1741 the Lords rejected the motion for an address urging the King to dismiss him from his Councils, a protest was signed by thirty-one peers, asserting that the 'sole or even first Minister is an officer unknown to the law of Britain, inconsistent with the constitution of the country, and destructive of liberty in any Government whatsoever,' and charging Walpole with unconstitutionally assuming that office. Walpole denied the charge, but practically he was sole Minister, and governed for the greater part without the help of Cabinets, summoning on particular occasions a few experts to advise him on particular points, whether they belonged to his Ministry or not. He repeated in this respect the practice of Harley; and when he called Cabinets together it was less for the purpose of deliberation than of command. The practice is now very different, the latter course of English history having prevented the Prime Minister from being a sole Minister. As the principal adviser of the Crown, the Premier has the power of appointing, not only all members of his own Government, but also all archbishops and bishops, and of nominating persons to fill all superior offices in the gift of the Sovereign as they became vacant. The Prime Minister also presides over the meetings of the Cabinet, which is now a really deliberative body, in which Ministers consult in private as to what measures should be laid before Parliament for the better government of the country, and what advice should be given to the Sovereign as regards any important matters which may from time to time arise. The following is a list of the heads of the various Administrations of Great Britain since the accession of the House of Hanover:—

First Lords of the Treasury,	Dates of Appointment.	
Robert Walpole	October 10,	1714
James Stanhope	April 10,	1717
Earl of Sunderland	March 16,	1718
Sir Robert Walpole	April 20,	1720
Earl of Wilmington	February 11,	1742
Henry Pelham	July 26,	1743
Duke of Newcastle	April 21,	1754
Earl of Bute	May 29,	1762
George Grenville	April 16,	1763
Marquis of Rockingham	July 12,	1765
Duke of Grafton	August 2,	1766
Lord North	January 28,	1770
Marquis of Rockingham	March 30,	1782
Earl of Shelburne	July 3,	1782
Duke of Portland	April 5,	1783
William Pitt	December 27,	1783
Henry Addington	March 7,	1801
William Pitt	May 12,	1804
Lord Grenville	January 8,	1806
Duke of Portland	March 13,	1807
Spencer Perceval	June 23,	1810
Earl of Liverpool	June 8,	1812
George Canning	April 11,	1827
Viscount Goderich	August 10,	1828
Duke of Wellington	January 11,	1814
Earl Grey	November 12,	1830
Viscount Melbourne	July 14,	1834
Sir Robert Peel	December 10,	1834
Viscount Melbourne	April 18,	1835
Sir Robert Peel	September 1,	1841
Lord John Russell	July 3,	1846
Earl of Derby	February 27,	1852
Earl of Aberdeen	December 28,	1852
Viscount Palmerston	February 8,	1855
Earl of Derby	February 26,	1858
Viscount Palmerston	June 18,	1859
Earl Russell	November 6,	1865
Earl of Derby	July 6,	1866
Benjamin Disraeli	February 27,	1868
William Ewart Gladstone	December 9,	1868
Benjamin Disraeli	February 21,	1874
William Ewart Gladstone	April 28,	1880

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: MAY 1st, 1880.

METROPOLITAN GOVERNMENT.

LONDON, its wants and its government, are likely to occupy considerable attention in the new Parliament. With a population numbering nearly four millions, it is not surprising that modern London has outgrown the capacity of a municipality instituted when the city was less influential in wealth and numbers than many of our second-rate towns are at present.

The late John Stuart Mill, Mr. James Beal, and Lord Elcho have been active and prominent advocates of a new government for London, equal to the requirements of our time. Mr. Beal, in an able article in the *Echo*, only a few days ago, pointed out the urgent need of such a radical change as would bring about the efficiency desired. And in Mr. Firth, the new member for Chelsea, the cause has an able Parliamentary champion. But "interests" die hard, and the City companies are powerful and influential. They command considerable Parliamentary influence, and their wealth will enable them to resist, for some time at least, the attacks that are sure to be made upon them. But in the end, we believe, good sense will prevail; and if Londoners would only interest themselves in a matter that so closely concerns them, a sweeping measure of reform might soon be carried.

The people of Manchester, Birmingham, and other large towns have, through their municipal bodies, obtained control over the gas and water supplies; and every inhabitant participates in the beneficial results of the change. These towns, however, would have been quite powerless to deal with such matters had they been situated as London is in regard to local self-government. When London secures for itself the means of good government, then these important questions can be dealt with in the interests of the public. But at present our system appears to be devised so as to open the door to jobbery of the worst description.

What is everybody's business is proverbially the business of no one, and until the Metropolitan ratepayer bestirs himself, and insists, through his Parliamentary representatives, upon having existing abuses swept away, and a central government for London, of a thoroughly representative character, instituted, we cannot expect that a few pioneer advocates of reform will be able to compete successfully with "organised corruption."

CURRENT OPINIONS AND EVENTS.

ON Friday last Lord Beaconsfield formally notified to the Queen the resignation of his Administration; whereupon Her Majesty immediately summoned the Marquis of Hartington, who declined the task of forming a Ministry. At an interview with Earl Granville and Lord Hartington on Saturday it is understood that Her Majesty was informed that the situation imperatively demanded that Mr. Gladstone should become the chief of the new Administration. The right hon. gentleman was at once sent for, and the Queen entrusted to him the responsibility of forming a Ministry.

From the first it was obvious that Mr. Gladstone was the Premier-elect of the people; and the composition of the Cabinet and Government shows that he commands the confidence of the entire Liberal party. As we go to press the following Cabinet appointments have been made:—

First Lord of the Treasury and Chancellor of the Exchequer — The Right Hon. W. E. Gladstone.
Lord Chancellor — Lord Selborne.
Lord President of the Council — Earl Spencer.
Lord Privy Seal — The Duke of Argyll.
Home Secretary — Sir William Harcourt.
Foreign Secretary — Earl Granville.
Colonial Secretary — Earl of Kimberley.
War Secretary — The Right Hon. H. C. E. Childers.
Indian Secretary — Marquis of Hartington.
First Lord of the Admiralty — Earl of Northbrook.
Chancellor of the Duchy of Lancaster — Right Hon. John Bright.
Chief Secretary for Ireland — Right Hon. W. E. Forster.
President of the Local Government Board — Mr. Dodson.
President of the Board of Trade — Mr. Chamberlain.

Last Saturday afternoon Dean Stanley opened the Stanley Arms Coffee Tavern, 45, Old Compton Street, Soho. The tavern has been fitted up with great taste by Miss Stanley and a few friends. The Dean said he had no doubt that the meeting would appreciate Miss Stanley's provision of a house of refreshment where a cup of tea or coffee could be enjoyed; and he read a letter which he had received from a working man complaining that he and his family, while on a journey, had

been unable to get a cup of tea, or any wholesome refreshment, at some five or six public-houses where they made the attempt. Dean Stanley continued to say that there was no meal which he enjoyed so much as his five o'clock tea. It was to him the most agreeable meal in the day. He would rather go without dinner or luncheon than miss his five o'clock tea. He sometimes dropped in at coffee-houses and had a cup of tea.

According to the prospectus of the United Kingdom Coffee Tavern Company, the promoters of that undertaking intend combining the entertainment element with the supply of unintoxicating drinks and light refreshment. If they do this in a spirited manner, they will undoubtedly promote temperance by adding to the attractions of the coffee-palace—or rather by adding attractions to coffee-palaces, which at present lack several elements necessary to enable them to compete with public-houses. We do not see why a company should not thus successfully combine amusement and refreshment.

The Dean of Westminster did another kindly act on the same day. He conducted the members of the Southwark Help-Myself Society through Westminster Abbey and the Chapter House, concluding by inviting the party to partake of tea, which he had provided for them in the Jerusalem Chamber. Mr. Lloyd Harris, on behalf of the Society, thanked the Dean for his kindness and hospitality.

Speaking last week at St. John's Wood, Mr. Benjamin Whitworth, M.P., said that—

"He was connected with the active management of concerns employing upwards of 40,000 people, and of all the obstacles they met with in conducting these establishments, no ten causes combined equalled the injury done by the drinking habits of the working people. One of the works in Yorkshire was never opened on Monday, simply because the men would not come to work in sufficient numbers; but if we were fortunate enough to get a measure for England the same as that which existed in Scotland and Ireland, he believed they would be able to abolish what was called St. Monday. Mr. Hoyle had stated that the expenditure on drink had decreased in the past year to the extent of twelve millions as compared with the previous year. The diminution in Ireland was remarkable, and was due to the Sunday Closing Act. Then, again, sixteen million bushels of grain were consumed in the way of malt and distillation, and he did not think it right, when we had to depend so much on foreign imports, thus to consume such an enormous quantity of grain as this. He believed the elections just over had sounded the death-knell of the drinking customs of this country. The last Parliament was essentially a publicans' Parliament; he trusted that the next Government would do something to give the Metropolis a good supply of water."

At a Conference on Thrift, held at the rooms of the Society of Arts, under the auspices of the Church of England Temperance Society, last week, the Rev. Simon Sturges said:—

"The cause of pauperism might be found in improvidence, and in the immense waste of money on intoxicating liquors. In this country there was a public-house to every 150 of the inhabitants, and it was the working class who supported these establishments. It was therefore very much to be desired that the efforts of all those who were endeavouring to better the labouring classes should be directed towards bringing the question of thrift before them. If there was one thing more than another which crippled the resources of the working man it was sickness, and that sickness was largely due to drunkenness. Then much good might be done by promoting savings-banks in schools, workshops, and manufactories, and by getting further facilities for the transfer of deposits to the public funds. He hoped the result of these conferences would be a great improvement in the position of our working men. That object could not be secured at once, but there was no doubt that that end would be arrived at."

Mr. Herbert Gladstone has been speaking at Reading. The occasion was the inaugural *soirée* of the Junior Liberal Club of that town. In the course of his speech, addressed chiefly to young men, he said:—

"I think it all-important that young men should turn their attention to politics. They ought to study history. They ought to follow the questions which come up at the present time. Unless they do that you run a great danger of bringing about a kind of interregnum in the progress of the nation. There are always certain men who keep the thing going, so to speak, who keep up the standard of political morality, who are always stout advocates for progress. (Hear, hear.) But unless they are backed by the people these men cannot do everything. You know at certain times there has been a stagnation—even a retrogression—and it is because, although there are certain men who stand forward as the champions of liberty, of freedom, and of progress, yet they are not strong enough to resist the tide which sets against them, and they are overpowered, like the gallant men at the end of the last century—Fox, Wilberforce, and Sheridan—who were swept away by a hatred of France and revolutionary ideas, which were chiefly the cause of those forty years of retrogression, as far as political progress was concerned. Unless you set to work, every one of you who has intelligence, and power to use that intelligence, you will get stagnation among the people, and no man will come forward to succeed your leaders."

A bouquet of rare flowers, accompanied by the following letter, signed by about thirty Greek ladies, was recently presented to Mrs. Gladstone:—

"We, the undersigned ladies of the Greek community resident in London, beg to be permitted to offer to you, on your happy return to town, our warmest congratulations on the signal triumph of your illustrious husband, the Right Hon. W. E. Gladstone, and our hearty good wishes for his health and welfare. As Greeks we owe a deep debt of gratitude to the great statesman who, in befriending the unhappy and persecuted Christians of the East, promulgated a policy of justice, beneficence, and progress which has received a supreme sanction by the votes of the British people—a truly glorious policy, worthy of a great nation, and which will enshrine in imperishable renown the name of its author. We offer our earnest prayers to the Lord Jesus Christ that He may prolong his life, and give him strength for the accomplishment of a mission so great, so beneficent, and so truly glorious."

Mrs. Gladstone's letter of acknowledgment was as follows:—

"I received with gratitude last night your beautiful present of flowers, so sweet and so rare in themselves, and such a pretty proof of affection, but doubly acceptable from bringing with them the letter which we so highly prize, with prayers and sentiments so precious and gratifying. Will you, madam, accept for yourself, and convey to all the ladies, the sincere thanks of my husband and myself? If he needed any reward he has it abundantly if only he may have been permitted to be, in the slightest degree, the instrument of doing some good to your country and race."

On Friday last Mr. Torrens introduced to the Metropolitan Board of Works a deputation from the Gray's Inn Road meeting to which we made reference last week. A memorial was presented, and the subject was referred to the Works Committee.

From a letter addressed to the *Times* by Mr. William Hoyle, the eminent statistician and social reformer, we clip the following suggestive figures:—

"The following table gives particulars of the various kinds of intoxicating liquors consumed, together with the money expended thereon. It also gives the consumption for 1878:—

Gallons.	1879. £	1878. £
British Spirits (*a*) 27,936,651, at 20s. ...	27,936,651 ...	29,358,715
Foreign do. (*b*) ..... 9,540,851, at 24s. ..	11,449,021 ...	12,636,364
Wine (*c*).....14,945,093, at 18s. ...	13,450,583 ...	14,645,065
Beer: Cwt. Bshls. malt.		
Sugar used (*d*) 1,066,687 = 4,551,192		
Malt used.....(*e*) 49,935,926		
Total...54,487,118		
Equal to 980,768,124 gals. Beer at 1s. 6d.	73,557,609 ...	83,798,756
British Wines (estimate):		
Gallons at 2s. .....17,500,000...	1,750,000 ...	1,750,000
	128,143,864 ...	142,188,900

Showing a falling-off in the consumption of £14,045,036, or 9.8 per cent.

(*a*) See Trade and Navigation Returns for Feb., 1880, page 72.
(*b*) ,, ,, ,, Dec., 1879, ,, 12.
(*c*) ,, ,, ,, Dec., 1879, ,, 14.
(*d*) ,, ,, ,, Feb., 1880, ,, 71.
(*e*) ,, ,, ,, Feb., 1880, ,, 71.

"It will be a source of much gratification to all who are concerned for the national well-being to observe the great falling-off which there has been in the consumption of intoxicating liquors in 1879 as compared with 1878, reducing the drink bill to an amount below that of any year since 1871. That year it amounted to £118,906,066; in 1872 it rose to £131,601,490; 1873, £140,014,712; 1874, £141,342,997; 1875, £142,876,669; 1876, £147,288,760; in 1877 it fell to £142,007,231; in 1878 it rose a little, being £142,188,900, and in 1879 it had fallen to £128,143,864, being, as I have said, less than any year since 1871, and NINETEEN MILLIONS less than in 1876."

In speaking at the anniversary of the Ogle Street Ragged Schools on Monday last, the Earl of Shaftesbury said that—

"Although the title of 'ragged' schools was somewhat objected to, it had its great value, because it reached the children of the very lowest grades of society, who were brought in ragged but sent out clothed—who were brought in heathens but sent out Christians. If the State entered upon our great domiciliary reform, giving the people pure water, air, and recreation grounds, the 'ragged' class would soon disappear."

Mr. Torrens, M.P., presided over a similar meeting held at the same time near Goswell Road. The hon. gentleman claimed that—

"The London School Board was his child. It had cost him a great deal of trouble. He was an old parent, even a grandparent, but of all his progeny none had cost him so much anxiety as the School Board. He knew that many who paid rates to it grumbled. He was willing to bear any censure, when he remembered that 250,000 more children were in receipt of secular instruction than ten years ago. That was his answer. He would do it again. He was convinced that the School Board did not dispense with the need of Sunday schools or other Christian work, but had made these agencies infinitely more necessary. He looked with apprehension on the direct consequences of mere School Board teaching at high pressure, unless they who believed that there was something better worth learning about the hereafter kept abreast and ahead of the work of secular education, which might make a man less a fool, but not less a rogue. Such education gave a lad better weapons by which to fight his way through life, but no clear or definite advantage for the life hereafter."

Mr. F. W. Chesson, in a letter to the *Times*, says:—

"At the request of the Committee of the Aborigines Protection Society, I venture to make an appeal through you on behalf of the ex-Zulu King. He has now been for seven months a prisoner in the Castle at Cape Town. At first he was allowed to see numerous visitors, always excepting those who were known to be in communication with Bishop Colenso. I have not a word to say against an arrangement which enabled scores, if not hundreds, of persons to gratify a natural feeling of curiosity; but the fact that a crowd of sightseers have been admitted to the castle makes it the more monstrous that gentlemen who had been in friendly relation with Cetywayo in more prosperous times should have had the door closed against them, apparently for no better reason than that they believed him to be the victim of undeserved calamity. Last month, Dr. Robert Colenso, a son of the bishop, on calling at Cape Town then on his way to Natal, asked Mr. Sprigg, the Cape Premier, to allow him to see Cetywayo, but he met with a point-blank refusal. Bishop Colenso, in a recent letter to me says: 'We hear that Cetywayo has been taken twice out in a carriage, once when he went to see Langalibalele. Imagine what such confinement must be for one who, at his own kraal, took his regular daily "constitutional" of four or five miles out and back again. It will kill him, I fear, if long continued.'"

Presiding over a Women's Suffrage Meeting at St. James's Hall on Tuesday last, Mrs. Lucas said:—

"No doubt the various opportunities that women had had of voting—such as at the municipal and School Board elections—had been educating them. In no year had there been more progress made on this question than in the present—or rather during the past—six months. When the Parliamentary Election was going on it was very marked indeed how much women were interested in it. Not only did they do what they could to influence votes from men, but they canvassed to a very large extent. She knew of women who went up to the polls believing they had power to vote because they had voted on other questions. It was very evident that women had now begun to think seriously on this matter."

THE METROPOLITAN WATER SUPPLY.

AT the weekly meeting of the Metropolitan Board of Works, held on Friday, Sir J. M. Hogg, M.P., in the chair, the question of the water supply for the Metropolis came under discussion.

Mr. Selway moved:—

"That it be referred to the Works and General Purposes Committee to consider and report as to the advisability of this Board applying to Parliament for an Act to improve the water supply of the Metropolis, either by amending and regulating the powers of the existing water companies, by consolidating their undertakings, by providing an additional supply of pure water, or by any other means the Committee may deem desirable, with authority to confer with Her Majesty's Government thereon."

He said that in consequence of the change of Government the Water Bill of the late Home Secretary might be considered defunct. He had purposely made his resolution very indefinite, in order that the Committee might be perfectly free to consider the whole subject. The water supply of London was now regulated by the Acts of 1852 and 1871; but the supply was insufficient in many districts, especially the poorer ones, and the charges were not uniform, but were frequently oppressive and unjust. As the rateable value of premises increased, the charge for water rose, without any additional supply being furnished; it was essential that in any future regulation of the water supply there should be a readjustment of the rating powers of the companies. A better supply was required for extinguishing fires; at present there was an insufficient quantity of water available, and the pressure was inadequate. About 120 millions of gallons entered London per day, of which 100 millions, speaking roughly, came from the Thames and the sea. It was filtered, but not sufficiently to prevent the water being more or less impure. Could the necessities of the case be met by regulation only, or was consolidation required? If the latter, why should not this Board control and regulate the water supply, as did the municipal authorities in all the great cities and towns of the kingdom except London? The impure water might be used for street-cleansing purposes. If the existing companies were not moderate in their claims for the recognition of their vested interests, then a new service must be pressed for. He had no preference for any one of the schemes that had been suggested, but he wished that a Committee should inquire into the whole subject.

Mr. Cooke seconded the motion. He said the difference in the value of the shares in the water companies, consequent upon the introduction of the late Government's Bill, if capitalised, would have amounted to ten millions sterling, which would have been sufficient to carry out Sir Joseph Bazalgette's scheme for providing a fresh supply from the chalk at high pressure all over London.

Mr. Turner moved the adjournment of the discussion for a week, which was seconded by Mr. Fowler.

Mr. Runtz objected to the amendment. This Board had no power to do anything in this matter, except going to the Government and pressing upon them the importance of taking the subject up. The present constitution of the Board was not such that they could satisfactorily discharge the duties which the management of the water supply would impose on them.

Mr. Richardson thought the last remark a great mistake. There was no difficulty in the way of the Board dealing quite efficiently with the control of the water supply. The Board divided, and the adjournment was carried by seventeen against seven.

WHAT is the Drunkard's Life?
A life of pain,
Of sin, of sorrow, self-reproach, and shame:
Of home-affliction: evil wants; that drain
The home-resources; leave a filthy stain
On all its sacred ties: dishonoured name!
Friends, estimate the loss, and count the gain!
Shun, as a plague, THE DRINK; a glimpse of light—
It may be—heralding a dismal night.

S. C. Hall.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

To the Editor of "HOUSE AND HOME.'

SIR,

Mistakes will arise often quite unintentionally. The letter that I wrote to you a fortnight ago was not intended for publication, but was merely meant as a private communication to yourself. However, as I failed to express this, supposing it would be thus understood, the blame of the mistake must rest chiefly on my own shoulders. I see it has evoked three answers. The two last—from medical gentlemen, as I suppose—are weighty letters, intended, of course, to refute mine. The first is somewhat irrelevant to the subject, though intended to be witty and humorous. But as you so kindly say that my letter was good enough for publication, and invite further correspondence, I will, in a future issue of your useful paper, draw attention to a subject connected with hygiene which has not yet been noticed in your columns. But not to make this letter too long, I will merely supplement my first by saying that the very able and sensible papers which have appeared from time to time in *House and Home* on vegetarian diet would be more forcible, and carry more convictions of its utility, if the advice they give were accompanied with an intimation that it was not intended to apply to every one. Our individual physical constitution differs nearly as widely as does our mental temperament or our personal appearance. Thus the saying holds good, "What is food for one is poison for another." For instance, rice is a very useful article, and no doubt agrees with most people, but I once met with a person who was always upset by eating it. Then with regard to animal food, I fully concede that much more is eaten than is necessary or good for the health, and I for one have to a certain extent followed the advice given in your columns, but I am not prepared to say that we could one and all entirely dispense with it, and thrive equally on vegetables, for experience proves that some people cannot do without it, and that their strength depends upon it. Others of a strong and robust constitution are far better as total abstainers from animal food. I knew a girl in the country who, when taken from her mother's cottage fare to the ordinary fare of a servants' kitchen, was made so ill in three weeks from determination of blood to the head, that her life was despaired of, and on her recovery the medical man said to her mistress, "You had better send her home again, for such is her tendency to make blood, that if she lived only on toast and water she would require bleeding every three months." Of course, he spoke hyperbolically, but I mention the fact to prove that what is food for one is poison for another, and that rules on diet cannot be of uniform application. Then again with regard to wine and malt beverages. I am a firm upholder of the theory that the less of these the better for the generality of people, and especially for young persons. But here again we cannot apply the rule to every one, for to some a stimulant is a necessity. I will give two instances of this. A female friend of mine, whose pulse when in her usual health was so languid that it was never more than fifty-six, or even less (a very abnormal state), was strictly ordered by her medical attendant to take brandy-and-water before going to bed. The teetotallers will say she might have taken something else with equal benefit. The other case is that of a gentleman who suffered constantly from a sort of nervous headache in one particular part of his head. He was ordered to try one half-a-pint of the very best porter. From the time he took it he entirely lost the headache. These are adduced as exceptions to the general rule that abstinence, when possible, is the better course. Would that the millions in England could be persuaded of this! If people would eat more freely of good meal bread, and take less stimulants, the health of many would improve.

A few months ago some very able and instructive papers appeared in your columns on "Sugar as Human Food," speaking of its highly nutritive properties, and completely upsetting, if true, the often-advanced theory that it turns acid in the stomach, and is therefore a blood poisoner, to be strictly avoided by all who have any tendency to gout or rheumatism. But in your issue for April 17th we are told discouragingly that "it is a perilous—ay, pestilent error to suppose that the white, crystalised product contained in the glass vessel on our tea-table is wholesome, safe, or nutritive, and that sugar should be eaten in its natural and not in its manufactured state." But this is poor consolation for those who cannot get it in its natural state, but must put up with the manufactured article.

All praise and thanks to the able contributors to *House and Home*, who with so much zeal and ability are attacking our existing sanitary, or rather *un*sanitary arrangements in regard to diet, clothing, fresh air, &c., for sure I am that there is much truth in what they say, that nearly all the little ailments or diseases from which we suffer are often preventable, and induced by our departure from sanitary laws. When they show us wherein we err, they also show us "a more excellent way"—unlike the Liberals now in power, who while condemning one line of policy, have, *we fear*, not a better one to substitute.

Apologising for the length of this letter,

I am, Sir,
Yours faithfully,
E. B.

To the Editor of "HOUSE AND HOME."

SIR,

Whilst the subject of ladies' dress is before your readers, the following may be of interest to them :—

"Who has not at times seen a woman with ears which have been pierced and completely spoiled in appearance by the rings which have been worn in them—in some instances the lobe having been completely torn through, and in others very much distorted in shape? This is surely a custom which cannot be justified at the present time; it is a relic of barbarism which every woman will do well to discountenance. No one can for a moment seriously contend that the beauty of the ear is in any way increased by boring holes in it, and suspending ornaments from them. Bracelets, brooches, and similar ornaments do doubtless add to the general appearance of a woman; but this cannot be said of earrings, which must always more or less disfigure the ears."

I am,
Yours faithfully,
J. A. BROWNE.

Kew, April 28th, 1880.

CO-OPERATIVE STORES.—One of the grievances of the retail tradesmen against "co-operative stores" has been recently removed by the Customs and Inland Revenue Act, 1880 (43 Vict., c. 14), which received the royal assent on the 25th of last month. By becoming "registered societies" under the Industrial and Provident Societies Act (39 and 40 Vict., c. 45), a certain number of stores—we believe very few in practice—were by sect. 11 of that Act, "Not chargeable under schedule C (income from dividends on invested capital) or schedule D (income from trade profits) of the Income Tax Acts," although "no member of or person employed" by the society was "exempted from any assessment to the said duties to which he would otherwise be liable." The Act of 1880 (Sec. 8) does away with the exemptions from the income tax, but only "in case the society sells to persons who are not members thereof, and the number of shares of the society is limited either by its rules or practice." The term "member" is rather ambiguous, but we presume that the Legislature means "shareholders." Otherwise the practice of selling to persons who are not shareholders properly so called, but who are admitted to membership, and in common parlance termed members, on such easy terms as taking half-crown tickets, would not be touched. The question is a small one, but, looking to the importance with which retail tradesmen have invested the controversy of which it is a part, we should not be surprised to hear of its coming on for discussion in a court of law.—*Law Times.*

GEMS OF THOUGHT.

Why are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.
Tennyson.

Whose greatness is not occasioned by seeing others lower and still lower than himself? and all men are poor and low who imagine they see others higher and higher than themselves.—*Hindoo.*

Justice is ancient and venerable, but slow and hobbling; and you cannot get her on a march to keep pace with generosity.—*Miss Porter.*

In fame's temple there is always a niche to be found for rich dunces, importunate scoundrels, and successful butchers of the human race.
—*Zimmermann.*

The mean and servile soul of a hypocrite is like a dead carcass, in which there is neither heat, fire, nor spark of life remaining.—*J. J. Rousseau.*

Whatever obscurities may involve religious tenets, humility and love constitute the essence of true religion; the humble is formed to adore, the loving to associate with eternal love.—*Lavater.*

To be humble to our superiors is duty; to our equals, courtesy; to our inferiors, generosity; and these, notwithstanding their lowliness, carry such a sway as to command men's hearts.—*Owen Felltham.*

Health without money is half a sickness.—*Italian Proverb.*

The giving riches and honours to a wicked man is like giving strong wine to him that hath a fever.—*Plutarch.*

He who gives himself airs of importance exhibits the credentials of impotence.—*Lavater.*

Flatterers are the worst species of enemies.—*Tacitus.*

Trust not to your humility if you are mortified when you are not noticed.—*Lavater.*

Happiness is no other than soundness and perfection of mind.
—*M. Antonius.*

It is the summit of humility to bear the imputation of pride.—*Lavater.*

If all were to cherish a spirit of kindness and humility, mankind might enjoy an eternal reign of peace and happiness.—*Chinese Proverb.*

Few persons are so wise as to prefer the censure that may be useful to them to the flattery which betrays them.—*Rochefoucauld.*

There can be no greater folly in man than first by much labour to increase his goods, and then with vain pleasure to lose his soul.—*Gregory.*

I know no friends more faithful, more inseparable than hard-heartedness and pride, humility and love, lies and impudence.—*Lavater.*

We find but few people ungrateful while we are still in a condition to confer benefits.—*French Proverb.*

Wrongs and injuries are like bitter pills, which to pass away should not be chewed but swallowed whole.—*Hungarius.*

A thousand evils do afflict that man which hath to himself an idle and unprofitable carcass.—*Sallust.*

The great business of a man is to improve his mind and govern his manners; all other projects and pursuits, whether in our power to compass or not, are only amusements.—*Pliny.*

Incivility is the extreme of pride; it is built on the contempt of mankind.—*Zimmermann.*

A man is as ignorant of his own failings as an ox is unconscious of his own great strength.—*Chinese Proverb.*

Omissions, no less than commissions, are oftentimes branches of injustice.
—*M. Antoninus.*

Ignorance is a dangerous and spiritual poison, which all men ought warily to shun.—*Gregory.*

It is the fault of princes if they are not esteemed, as they always have it in their power to procure the love of their subjects.—*Philip of Macedon.*

THE HOUSEWIFE'S CORNER.

DINNER ROLLS.

One pound of flour, a quarter of a pound of butter, one tablespoonful of good yeast, one egg, a little warm milk. Rub the butter into the flour, then add the yeast, breaking in the egg. Mix it with a little warm milk poured into the middle of the flour; stir well together, and set it by the fire to rise; then make it into light dough, and set it again by the fire. Make up the rolls, lay them on a tin, and set them in front of the fire for ten minutes before you put them into the oven; brush with egg.—*Best of Everything.*

MAKING CREAM-CHEESE.

The easiest cheese to make, and one which is much appreciated withsa lad, is cream cheese. The best time for them is when the grass is so rich in early summer. Let a tin or pan of milk stand thirty-six hours; take the cream off as thick as possible, and stir into it about a teaspoonful of salt; have two saucers ready with any old dinner-napkin or linen cloth folded double over them; pour half the cream into each, and let them be twenty-four hours. By that time the water will have run away into the cloths, leaving the cream solid. If it is not quite firm, lay another linen cloth over them and let them stand a few hours longer. Then take a saucer in each hand and put the two shapes of cream together; with the cloth mould the cheese into a round form, about an inch thick; wrap it up in a clean cloth, leave it for twenty-four hours, when if the cloth is very damp put a fresh one. In four or five days it is ready. If attended to daily, and the cloths changed occasionally, they will keep good a fortnight or more, putting a wet one when the cheese is getting too dry.—*From "Cassell's Family Magazine"* for May.

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PORTRAITS.

The following Portraits are in preparation:—

RIGHT HON. SIR STAFFORD NORTHCOTE.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, Esq., C.B.
&c., &c., &c.

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A Weekly Journal for all Classes

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"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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THE RIGHT HON. SIR WM. VERNON-HARCOURT, M.P.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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THE RIGHT HON. SIR WILLIAM VERNON-HARCOURT, M.P., HOME SECRETARY.

THE Right Hon. Sir William George Granville Venables Vernon-Harcourt, M.P., Q.C., &c., the new Home Secretary, is the second son of the Rev. William Vernon-Harcourt, and grandson of the late Archbishop of York. He was born at Nuneham Park, October 14th, 1827, and educated at Trinity Hall, Cambridge, where he graduated in high honours in 1851, his name appearing among the Senior Optimes, and in the first class of the Classical Tripos of that year. He was called to the Bar at the Inner Temple in 1854, and went the Home Circuit, becoming Queen's Counsel in 1866.

Mr. Vernon-Harcourt was one of the original contributors to the *Saturday Review*, but his letters upon "International Law," published in the *Times* under the pseudonym of "Historicus," excited considerable interest in their author. These letters were reprinted, with considerable additions, in 1863 ; and as "Historicus" he subsequently discussed many cognate subjects in that journal. He is also the author of several political pamphlets.

In 1863 he conducted the defence of Colonel Crawley, who was tried before a court-martial at Aldershot. In 1869 he was elected Professor of International Law in the University of Cambridge ; and he was a member of the Royal Commission for Amending the Neutrality Laws, and also of the Royal Commission for Amending the Naturalisation Laws.

He was an unsuccessful candidate for the representation of the Kirkcaldy Burghs in 1858 ; but he was returned to Parliament for the city of Oxford at the general election of 1868, and he was re-elected in 1873 and 1874, and again last month, when Mr. Chitty, Q.C., was returned as his Liberal colleague, in place of Mr. Hall, a local Conservative brewer, who sat as the junior member for Oxford during the late Parliament. At the present moment, in consequence of his accession to office as Secretary of State for the Home Department, Sir William Harcourt is seeking re-election, and Mr. Hall is vexatiously contesting the seat.

In Parliament he at once came to the front as a debater of acknowledged power. The first subject he brought before the House related to the judgments on corrupt practices at elections. He then called attention to the situation of the House by reason of the absence of any authentic record of the judgments delivered by the judges appointed to try election petitions, which judgments interpret and declare, without appeal, the law of Parliament, upon which depend the right of constituences, the title of their representatives, and the constitution of the House of Commons. He took a prominent part in the discussion of the Elementary Education Bill of Mr. Forster ; and in November, 1873, he was appointed Solicitor-General, a position held by him until the resignation of Mr. Gladstone in the February following, when he was knighted.

Breaking from his party upon the Public Worship Regulation Bill, in 1874, Sir William Harcourt delivered a speech in reply to the present Premier, on which it has been said that "his fame as a Parliamentary orator must for the future rest, whatever be the subsequent utterances of his lips." In closing a speech to his constituents on the 21st of December that year, after having exhaustively discussed the subject, Sir William said :—

"No doubt we live in troubled times—in days when the minds of men are agitated and perplexed. The causes of this distraction are not far to seek. Society is tossed to and fro between Scylla and Charybdis—the priests and the philosophers These two have kept natures of the shuttlecock order in an everlasting see-saw between superstition and unbelief. Shocked by the dreary vacuity of the one, weak minds seek refuge in the degrading stimulants of the other. It has been the fortune of our race that they have nourished a traditional distrust of priests and an instinctive aversion to philosophers. Long may they continue to do so ! They will still preserve a national character at which speculation may sneer, but which history, that records the experience of States, will respect ; a native vigour which is proof against an effeminate casuistry, and upon which sophism expends its subtleties in vain ; the simple and masculine temper of a stable-minded and a God-fearing people, who have known how in their polity to maintain a sober freedom, and in their religion a reasonable faith."

Amongst the critics of the policy and doings of the Beaconsfield Administration, Sir William Harcourt was perhaps the keenest, and during the recent contest his speeches, both at Birminghm and to his own constituents, told with powerful effect not only upon the audiences he was addressing, but upon the country at large. Upon a change of Ministry, that he would have a seat in the Cabinet was a foregone conclusion, and his accession to office as Home Secretary has received the general approbation of the Press, while the action of Mr. Hall in contesting the seat under existing circumstances has called for almost universal condemnation.

Addressing a large meeting of electors at Oxford on Tuesday last, the right hon. candidate said :—

"The course which has been pursued on this occasion is, to say the least, a very unusual course. I do not think that you will disagree with me when I say that no man is considered to be a very good or fair judge in his own cause ; but the opinion that has been formed on the subject of this singular and unusual contest, and which I am about to place before you, is not an opinion that has been formed by me or my own friends alone, but it is that of the national representative organ of the Tories. I read this morning in the *Standard* newspaper

something about this contest, and this is what they say of contests of this character :—

"'The Conservatives of Midlothian have held a public meeting and resolved that Mr. Gladstone should be spared another contest. This course is in harmony with the feeling and usages of English political life, and on such occasions as the custom has been violated the result has seldom been favourable to the aggressor. Before a constituency is invited to censure the composition of a Government or a party it seems fair that there should be some opportunity of judging of its policy. The country means to give the Liberal Administration a fair chance, and it has no wish to see any special obstacles interposed in the path of the new Ministers. A contested election consequent on the acceptance by any member of the House of Commons of a seat in the Cabinet not only involves a more or less heavy pecuniary fine, but interferes with the despatch of public business. The official duties and responsibilities of Ministers commence on the very day on which the seals of their predecessors are handed over to them, and every impediment to the exercise of their functions which is put in their paths is directly or indirectly an inconvenience to the conduct of national affairs.' (Hear, hear.)

"That is not my opinion; that is not the opinion of my friends; that is the opinion of the Conservative organ in the London press. They say there are exceptional cases in which there may be a departure from this rule, and they say that these exceptional circumstances have not arisen in Oxford. Mr. Hall has stated that the course which he has taken was due to the overwhelming feeling in this constituency that he should come forward and enter on another contest. Now where has he found that overwhelming feeling? (A Voice, 'In his own head!' laughter.) Is it amongst the most eminent members of the Conservative party in Oxford? (No, no.) Mr. Hall knows as well as I do that very many of the most eminent and respectable of his supporters at the late election have on this occasion condemned the course which he is pursuing, and have, therefore, declined on this occasion to support him with their votes. (Loud cheers.) What the *Standard* newspaper says is perfectly true. I see it in some of the papers this morning that it will be part of my duty to consider the question of an abundant, cheap, and pure supply of water to London. That is a very important subject indeed; its importance it would be impossible to over-estimate. But its consideration is for a time delayed or upset by the necessity of my considering the question of the extremely cheap distribution of more or less pure beer in the City of Oxford." (Laughter and cheers.)

We shall be glad to learn that Mr. Hall has yielded to the overwhelming expression of opinion, and retired from a contest the prosecution of which can yield him no advantage, but which seriously affects the conduct of public business. Our London readers know the deep interest now excited by the water supply question, which, in its present position, demands the immediate attention of Sir William Harcourt as the successor of Sir R. A. Cross. It is of the utmost and most urgent importance that the hands of the several water companies should be stayed from any further increase in their charges, and there is a general feeling that in the present Home Secretary we have a minister able and willing to approach the question in the interest of the ratepayer and consumer.

As Home Secretary, Sir William Harcourt will be brought into contact with the people and their requirements, and we trust he will initiate a course of legislation at once wise and beneficent, having for its aims the improvement of the health, and the amelioration of the condition, of the toiling masses of his fellow-subjects. By so doing he will ensure their lasting gratitude.

HOME RELATIONSHIPS.

By Rev. Peter Dean, Walsall.

No. IV.—Children and Parents.

From time to time the members of the human race ask themselves: "Are we improving? Are we of this age better than those of former ages? Are we better than our fathers?" This kind of questioning is used in respect of every matter of human interest, and, therefore, is inclusive of the subject of my present paper—namely, the relationship between children and parents. Respecting filial affection and attachment, the question is often put: "Do we improve or do we degenerate? Do children living now care as much for their parents as did the children of past ages for theirs?" And the question is variously answered. Some tell us of how deep and sacred was the attachment of children to parents in ancient Greece or Rome, and contend that there is no such filial piety shown by children in these days. Again, taking the same line of assertion, but not going so far back, some of the old grandfathers and grandmothers amongst us are constantly lamenting the want of respect for parents which they say children now show, and declaring that there was a much better state of things in this respect when they were young. But notwithstanding all this, I cannot join in this cry against the children of the present age. While I think no words too strong to express contempt and indignation for filial irreverence wherever or whenever shown; while I think it one of the deepest of all failings, and that we of the present day have a shameful amount of it; I yet doubt very much that our children are worse in this than were those of former ages: nay, as a believer in the progress, and not the retrogression of humanity, I must believe that they are better; for I cannot see how it can be possible for mankind to have improved and progressed so much as it has in other things, and yet degenerated in the grand natural virtue of love for parents.

It appears to me that those who contend that children are not as respectful and filial now as in the past, do so owing to two causes. First, they speak from smaller knowledge of the past than of the present; and second, "Distance lends enchantment to the view." For how much more extensive is our knowledge of present things—children included—compared to our knowledge of past ones! Again, how much more pleasant to the aged appear memories of the past when compared with the stern realities of the present! The disobedience to parents which a man witnessed forty or fifty years ago is now very likely forgotten by him, but not so that which he sees being manifested around him now. When some of our present aged people were children—sixty or seventy years ago—there was undoubtedly a much worse state of things as to morality and mercy than there is now. Bull-baiting, gambling, duelling, fighting by men, and of dogs and cocks, drinking for weeks together, and many other vices, were painfully prevalent. And it is difficult to understand how, when all these were common, there could have been more love of parents by children than there is in our better days. Then as to the ancients, we have to remember that we have very little knowledge of the poor and ignorant classes amongst them—that our knowledge is chiefly of their great and learned ones, so that

there may have been a great deal of disobedience of parents among the ancients as a whole, of which we know nothing. Any one reading the accounts given of them, in such works as Lord Lytton's "Rienzi," or "The Last days of Pompeii," or in Ware's "Palmyra, or Letters from Rome" (works which though fictions seek to reproduce the facts of the times and places they describe), has a difficulty in thinking that such a soil could have been so favourable to the development of filial love or duty as are the more virtuous times it is our fortune to live in. But apart from surmise drawn from what must have been, I think we are positively certain that they show no grander examples of children's love for parents than we can match in the present day. And if we have cases amongst us showing the total absence of all filial feeling, the ancients had them too. Some of the Jews of Palestine, in Christ's time, for instance, were in the habit of escaping their duties to their parents by sheltering themselves under the miserable plea of "eorban," while amongst the Romans of a period a little later we have the Emperor Nero putting his own mother to death. So I conclude that, upon the whole, there never was a time when there was more respect and reverence for parents shown by children than we have in the present day; that in this matter, as in every other, we are progressing and improving.

But it is for us to always remember that progress and improvement do not come of themselves; that they have to be made to come—have ever to be the result and measure of human effort. Of every thing God has to give, He says to us: "Pay to yourselves the price and you shall have it; neglect or refuse to do so, and you cannot." At least, this is true of all beyond the bare existence; beyond this, "God helps" only "those who help themselves." If, therefore, we want more filial attachment and reverence in our children, and will work for it in the right way, we can have it, but not otherwise. The seed of filial love is in the child, but it wants watering, training, developing; and unless you train your child to perform the duties it owes to you, it can no more perform them than if it were a young lion or horse. It is in this that we have the grand mistake that many parents make. They neglect to train their children to reverence and respect them, and then they think it hard their children do not show that which they have not been taught, or which, if they have been taught, they have been so in a mistaken way. They expect to reap differently from what they sow. But "God is not mocked." Grapes are not to be had from thorns, nor figs from thistles. The fathers cannot eat sour grapes and the children's teeth not be set on edge. The parents who neglect the right training of their children are likely in turn to be neglected by their children. "Train up a child in the way he should go, and when he is old he will not depart from it," seems to me an axiom as self-evident as that if you take a part away you can no longer have the whole. And if we only work rightly for the righteous relationship of child and parent, we are sure to secure it.

The chief duties which children owe to parents are respect and obedience; gratitude and helpfulness; confidence and improvement; and about each of these I propose to say something in my next paper. While much of what I shall then have to say will apply only to those of tender years, usually designated "children," I shall remember that men and women do not cease to be children either at twenty-one or any other age, but continue so, and owe the duties of children as long as their parents continue to live. We make a sad mistake when we think that age exempts us from honouring our parents. However old we may be we should never forget that tenderness which watched over our infancy, which listened to our cries before we articulated our wants, and was never weary of ministering to our comfort and enjoyment. There can be nothing finer than to see the man retaining the respect for parents which belongs to the child; than to see persons who have come forth into life remembering with gratitude the friends and guides of their youth; and labouring, by their kind and respectful attention, to cheer the declining years, and support the trembling infirmities, of those whose best days were spent in solicitude for their happiness and improvement. Any man who suffers an object or pursuit—no matter what it is—to shut out a parent from his heart, who becomes so weaned from the breast which nourished and the arms which cherished him, as coldly to forsake a parent's dwelling, and neglect a parent's comfort, not only renounces the dictates of religion and morality, but deserves to be cast out from society as a stranger to the common sensibilities of human nature. "He who casts out and insults a mother's or a father's love, has reached the lowest stage of depravity." I shall intend some of my remarks, then, next week, to apply to the "children of a larger growth."

THE METROPOLITAN WATER SUPPLY.

THE SOCIETY OF ARTS.

THE Council of the Society of Arts have decided to summon a public Conference to consider the question of supplying London with pure water. The date for the Conference has been fixed for Monday, the 24th inst., and succeeding days. The arrangements for the Conference are now being considered by a committee, and full announcements will be made as early as possible.

THE SOCIAL SCIENCE ASSOCIATION.

AT a meeting of the Executive Committee of the Council of the Social Science Association, held on Thursday, the 29th ult., it was resolved that in view of the approaching re-assessment of the Metropolis, a memorial be presented to Mr. Gladstone, praying him to take immediate steps to deal with the subject of the Water Supply.

CONFERENCE OF THE VESTRY DELEGATES AND METROPOLITAN MEMBERS OF PARLIAMENT.

A MEETING of delegates from the Metropolitan vestries and district boards was held on Friday last, at St. Martin's Vestry Hall, to discuss the question of the Water Supply to the Metropolis. There were also present, by invitation, Mr. Coope, M.P., Mr. Torrens, M.P., Mr. Fowler, M.P., Mr. Rogers, M.P., Mr. Bryce, M.P., and Mr. Firth, M.P. Mr. E. J. Watherston, chairman of the St. Martin's Vestry, presided.

The Chairman said the point they had to consider was what steps should be taken in the coming session of Parliament to settle the important question of the water supply. No time must be lost, as, pending the decision of Parliament, the companies' undertakings were temporarily in trust. Should no legislation take place this session, the companies would again take possession of their property, and resume their Parliamentary powers. His opinion was that under no circumstances must they be allowed to retake possession of the undertakings. The property increased in value at no less than £1,250,000 per annum. It was desirable that the terms of purchase should be arranged by the highest financial authority in this country. He alluded to Mr. Gladstone, to whom he considered the

question should immediately be submitted. That the terms proposed under the scheme of Sir R. Cross were onerous no one would be disposed to deny, but such were the complications, such the intricacies of the question, that he was convinced that nothing short of a public inquiry on the part of a Select Committee of the House of Commons would satisfy any of the parties concerned, either as buyers or sellers. Much had been divulged during the last few months, but much more remained to be divulged before it was possible for the public to understand the subject in its entirety. In the interests of all concerned, therefore, let them wait upon Mr. Gladstone as soon as he was in a position to receive them, and let them urge upon him to take the subject into his consideration. With that view he moved that a memorial to Mr. Gladstone be prepared in the following terms :—

"Your memorialists desire to draw your attention to the question of the Water Supply of the Metropolis, and to the anomalous position in which the ratepayers and consumers of water find themselves with reference to the water companies at the present time. It is unnecessary now to enter into the details of the case, which has very recently been brought under the consideration of Parliament. Your memorialists contend that the Water Supply of London is a matter of national concern, and that the questions now pending between the ratepayers and the water companies are such, both in magnitude and complexity, as to demand the attention of the highest financial authority. It would be a great satisfaction to your memorialists if you should find yourself able personally to examine and sift the case, and finally to settle the compensation to be paid by the ratepayers or their representatives to the water companies for their undertakings, with due regard to the legitimate interests of all parties therein concerned."

Mr. Coope, M.P., remarked that Mr. Gladstone, who had committed himself in a bold manner on a great many subjects, had not committed himself on the water question. It was highly desirable that the opinion of the right hon. gentleman and that of his Government should be taken as speedily as possible. He had been told by legal authority that no other Bill for the transfer of the property could be introduced this session, because no notice could be given. It was, therefore, a question of going on with Sir Richard Cross's Bill (No!) or having no Bill at all. It would perhaps have been much better to have let the measure go before a Select Committee, in order that the question might be fully inquired into. He was bound to tell the Conference that he was a director of the company which gave the largest supply of water to the Metropolis, and of that supply nine-tenths was a constant supply. If the companies were not to be met on the subject, there was an end to the negotiations. (A voice: And down go the shares.) That was a matter of indifference to the ratepayers, and the water companies were well satisfied that things should remain unaltered. (Hear, hear.) The companies were called upon to make large extensions of their works. If negotiations were broken off, the works would be constructed, and hence the demands of the companies for compensation would be largely increased. Mr. Fawcett was the first to bring forward the subject, and Mr. Fawcett was now a member of the Government, and he would suggest that the delegates should seek an interview with Mr. Gladstone, Mr. Fawcett, and Mr. Dodson, the President of the Local Government Board. (A voice: And the Home Secretary.) Sir William Harcourt, as a matter of course. The Conference would see that his (Mr. Coope's) position was a complicated one. But he had spoken candidly and impartially, and solely in the interests of the ratepayers. (Hear, hear.)

Mr. Torrens, M.P., had never, in an experience of fifteen years, seen greater unanimity on any public question than that which prevailed on the leading point of the water controversy. He entirely denied that the introduction of a Bill could transfer legal rights from a number of companies to the Crown as trustee. He denied that there was any question as to the possession of the property of the water companies. It was the property of the companies, and of no one else. (Hear, hear.) The town was sick of seeing shares raised in the market under the circumstances which had prevailed, and which amounted to a public scandal. There was not a shred or tittle of politics in the matter; but the Bill of Sir R. Cross was as much dead as if it had never been introduced. He would vote against any plan for transferring the supply of water and gas to the Government. The new Government could not go thoroughly into the question this session, and he thought it might pass a suspensory Bill, providing that until the end of next session no additional exactions should be made on the ratepayers by any of the companies. (Cheers.)

Mr. Rogers, M.P., thought Mr. Coope had made a straightforward and candid, though somewhat *ex parte*, statement, but that *ex parte* statement was inevitable. The supply of water should be regulated by parties chosen directly by the ratepayers, and, in his opinion, there should be appointed a Royal Commission, consisting of two or three members of Parliament and a number of other persons able to form a competent judgment, authorised to define the financial principles which should be laid down.

Mr. Firth, M.P., said that the London supply spread the germs of typhoid, and the ratepayers had a right to supply themselves with pure water. A Bill should be passed preventing the companies increasing their rate of charge. Parliament had a right also to introduce a competing supply. The companies said it was unjust to do this or to do that, but the ratepayers were not bound to pay the companies £17,000,000 more money than the property cost them. (Hear, hear.)

Mr. Beal asked if there was any precedent for a restraining Bill of the character suggested.

Mr. Torrens said there were many precedents for suspensory Bills, but they were public measures, and did not affect local or private property, and he should hesitate to say that the subject was clear of difficulty. With reference to Sir R. Cross's Bill, he might say that it was dead. This was a new Parliament. There was in fact no such Bill, and before it could be before Parliament it must again be introduced. There was at present no Bill of Sir R. Cross's or any one else's in Parliament on the question.

Mr. Liggins, vestryman (Kensington), proposed that the delegates of the district boards and vestries of the Metropolis seek an early interview with the Prime Minister, the Home Secretary, or other Ministers, and urge the passing of a Bill without delay, suspending till the end of next session of Parliament the power of the water companies of augmenting the charges made by them in the Metropolis.

Mr. Berry seconded the resolution.

Several delegates expressed themselves in favour of the motion, and on being put it was carried unanimously.

A numerous deputation was then appointed to prepare a memorial, and to present it at the proposed interview, and it was resolved that the Metropolitan members be invited to join the deputation.

The proceedings then terminated.

METROPOLITAN BOARD OF WORKS.

AT the meeting of the above Board on Friday last, Col. Sir J. M'Garel-Hogg presiding,

Mr. Selway moved the following motion, notice of which had been given: "That it be referred to the Works and General Purposes Committee to consider and report as to the advisability of this Board applying to Parliament for an Act to improve the Water Supply of the Metropolis, either by amending and regulating the powers of the existing water companies, by consolidating their undertakings, by providing an additional supply of pure water, or by any other means the Committee may deem desirable, with authority to confer with Her Majesty's Government thereon."

Mr. Munro, having suggested an alteration of the motion by leaving out the recommendation that the Board apply to Parliament for power to bring in a Bill, to which Mr. Selway assented, seconded the resolution. He hoped that the present Government would not make the same blunders as the late Government had. He objected to the nominees which the Government proposed, as he thought they as a Board knew more about the question than any one else could, and if it was desirable to increase the number of members, he had no objection to this being done. Moreover, he thought that the Board of Works could not go on much longer, but must be extended.

Mr. Fowler wished to see the Board go thoroughly into the question, and having found out what was fair between the ratepayers and the companies, then to submit the question to Her Majesty's Government.

Mr. Tolhurst said that he was in favour of deferring the matter for six months. He said that when the first agitation in South London took place they had discussed the matter very fully. Meetings had been held, attended by members of Parliament and others, but although resolutions were passed, none of them suggested that the Metropolitan Board of Works should be asked to take up the question. Meetings of delegates from various districts in the Metropolis had recently been held, but none of these suggested that this Board should take up the matter. He concluded by moving that the question be deferred for six months.

Mr. Reddish seconded the amendment. He thought that the present time was very inopportune, as the Home Secretary had no time to consider

this or any other question. He thought that if the Board were enlarged it would only bring into the field more talkers.

Mr. Richardson said he did not suppose that the Board would go to Parliament without asking the Government. He had spoken to many persons connected with the companies, and he was quite certain that they were willing to have millions struck off the price. He contended that the Board and no one else should have the matter in hand, and that it should be dealt with at the earliest moment.

Mr. Elt pointed out that the water question of London had been before them for a very long time, and had been discussed by journalists, scientific men, and experts, but he had not heard that the great mass of the people had taken up the matter.

Mr. Fell followed in support of the motion.

Mr. Lloyd said that the Metropolis generally considered that the Government went out upon its Water Bill. He thought that it was a question which the Government must take up. From the day that the Board took up the matter and carried a Bill, the profits which the companies had now to earn and pay to their shareholders would cease. The Board was bound to go on until at last the public should have water free, of the very best quality, and without any question of profit.

Mr. Freeman supported the motion, and was followed by Mr. Cook and Mr. J. Jones on the same side.

Mr. Ewin objected to the Board spending any money in promoting a Bill, but he had no objection to the subject being referred to the Works Committee.—Mr. Selway having replied, the Chairman put the amendment, which had only seven supporters.—Mr. Watkins then called for a division, when it was shown that the amendment was lost, eight voting for the same and twenty-three against it.—The original resolution was then carried, and the Board adjourned.

To the Editor of "HOUSE AND HOME."

SIR,

The correspondence which has appeared of late in the London Press amply proves that the terms proposed by Mr. Cross's Bill should be investigated by a Select Committee of the House of Commons. No other tribunal will be satisfactory either to buyers or sellers. The questions now pending between the ratepayers and the water companies are such, both in magnitude and complexity, as to demand the attention of the highest financial authority. It is therefore to be hoped that Mr. Gladstone, recognising the fact that for obvious reasons the case admits of no further delay, will himself take such steps as may bring about a fair and just solution of the question by such means as may appear on consideration most expedient.

I have the honour to be, Sir,

Your obedient Servant,

EDWARD J. WATHERSTON.

Pall Mall East, May 5th.

APOPLEXY.—When a person falls down suddenly, and lies without sense or motion, except that his pulse keeps beating and his breathing continues, he is said to have been attacked with apoplexy, or to have had a "stroke." He appears to be in a deep sleep, but it would be impossible to awaken him by the same means which would rouse a healthy man. He is not in a simple faint, for his pulse beats perhaps with unnatural force, and often his face, instead of being pale, is flushed, and his breathing continues, although it may be laboured and noisy. The cause of this condition is usually the rupture of a blood-vessel in the brain, and the consequent pouring out of blood which ensues. Anything tending to produce congestion of the head favours the occurrence of apoplexy. It often follows a fit of passion or excitement, or some unusual act of exertion. We all recognise the fact that certain people are likely subjects to become apoplectic. A seizure is most likely to occur in those whose parents suffered in the same way; in men and women of sedentary habits, accustomed to high living, with protuberant bellies, large heads, florid features, and short, thick necks; in individuals above fifty, and those who are addicted to habits of intemperance. Bright's disease of the kidney also favours the occurrence of an attack. It is probable that in almost all cases in which a man has had a stroke, the blood-vessels of the brain have been weakened or rendered brittle by degeneration.—From the *Family Physician* for May.

SANITARY MAXIMS.

1. IT is the duty of every householder to ascertain for himself whether his own house be free or not from well-known dangers to health.

2. This duty, imperative at all times, is of surpassing urgency in a house where a woman is about to become a mother, or a surgical operation is about to be performed.

3. As a rule, the soundness of the sanitary arrangements of a house is taken for granted, and never questioned until "drain-begotten" illness has broken out. In other words, we employ illness and death as our drain detectives.

4. Whenever gas from sewers, or the emanations from a leaking drain, a cesspool, or a fouled well, make their way into a house, the inmates are in imminent danger of an outbreak of typhoid fever, diphtheria, or other febrile ailments classed together under the term "zymotic," not to speak of minor illness and depressed vitality, the connection of which with sewer gas is now fully established. Sewer gas enters a house most rapidly at night, when outer doors and windows are shut, and is then perhaps most potent in contaminating the meat, the milk, and the drinking-water, and in poisoning the inmates.

5. The more perfect the public sewers of a town, the greater the danger to every house connected with such sewers if the internal drain-pipes of the house be unsound, and not disconnected. In houses so misconnected sewer air is "laid on" as certainly for the detriment of health as coal gas for illumination; and you can turn off coal gas at the meter.

6. Every hotel throughout the kingdom, and in our watering places, every house let as lodgings, ought to have its sanitary arrangements periodically inspected and duly licensed.

7. A house in which children and servants are often ailing with sore throat, headache, or diarrhœa is probably wrong in its drainage.

8. Scamped drain work is one of the most dangerous of the sanitary flaws of new buildings; it is also one of the most common, and one of the most difficult to detect, and is rarely found out except by the illness it produces.

9. If you are about to buy or to rent a house, be it new or be it old, take care before you complete your bargain to ascertain the soundness of its sanitary arrangements with no less care and anxiety than you would exercise in testing the soundness of a horse before you purchase it.

10. If you are building a house, or if you can achieve it in an old one, let no drain be under any part of your house, disconnect all waste-pipes and overflow pipes from the drains, and place the soil-pipe of the w. c. outside the house, and ventilate it.

11. If there is a smell of drains in your house, or a damp place in a wall near which a waste-pipe or a soil-pipe runs, or a damp place in the cellar or kitchen floor near a drain or a tank, let no time be lost in laying bare the pipes or drains until the cause be detected.

12. If a rat appears through the floor of your kitchen or cellar, and a strong current of air blows from the rat-hole when chimneys are acting and the windows and doors of the houses are shut, feel sure that something is wrong with a drain.

13. If you are tenants and your landlord refuses to remedy the evil, do it at your own cost rather than allow your family to be ill.

14. Many a man who would be aghast at the idea of putting small quantities of arsenic into every sack of flour, and so by degrees killing himself and family, does not hesitate to allow sewer gas to poison the inmates of his house, even in the face of the strongest remonstrances of his medical adviser.

15. A landlord may reasonably look for interest on money which he spends for the benefit of his tenant; but he is committing little short of manslaughter if, by refusing to rectify sanitary defects in his property, he saves his own pocket at the expense of the health and lives of his tenants.

16. If you be a landlord don't intimidate your tenants or threaten to give them notice to quit if they complain of defective drainage or sewer gas in the house.—*From "Dangers to Health," by T. P. Teale.*

THE BUILDING EXHIBITION.—Our article upon the Building Exhibition is unavoidably crowded out of the present issue.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME.

LONDON: MAY 8th, 1880.

THE LONDON WATER BILL.

AT the adjourned meeting of vestry delegates, a report of which will be found in another column, a resolution was passed which promises to lead the way to efficient action regarding the question. The delegates had the advantage of the presence and counsel of several Metropolitan members of Parliament, some of whom were able to give sound advice. The immediate work to be done is (1) to suspend, until the question can be effectively dealt with, the powers of the several companies to increase their charges, and (2) to submit to the Government such a scheme or such suggestions as will aid it in settling the question to the satisfaction of those most concerned.

No settlement can be considered satisfactory which does not provide for an adequate supply of drinking-water, in a pure and bright condition, and also a constant service of water at high pressure for domestic and sanitary use, and for protection against fire. The recent disastrous fires in the Metropolis point to the desirability of a very copious supply of water for fire brigade work. But with the able and vigilant band of Metropolitan members now in the House of Commons, three of whom are members of the Government, it is not likely that any point of importance will be overlooked.

CURRENT OPINIONS AND EVENTS.

THE urgent need for the action recommended by the Vestry Delegates to restrain the London Water Companies from increasing their assessments is evidenced by "New Tenant," who, in a letter in last Monday's *Standard*, says:—

"I have recently taken a house on a long lease, and without premium. The local rates and Queen's taxes remain as before, but the water rents, without any alteration in the water supply or arrangements, have been raised to £8. To my inquiries as to why the water rent has been increased, the only reply I can get is that the Company have the power under the Act to make a fresh valuation, and they intend to exercise that power in the case of all new tenants."

In our recent biographical sketch of the Right Hon. Henry Fawcett, we made reference to the deep interest taken by him in India and her people. The name often given to him, "the Member for India," is evidently regarded as a reality by the millions of Hindostan. An address recently forwarded to his Election Committee in Hackney, subscribed to by natives in all parts of India, expresses great satisfaction at the result of the recent election. It also declares that—

"Owing to her geographical position, to the peculiar character of her administrative organisation, and to differences arising from the diversities of the religions, languages, manners, and customs, of her people, India labours under a serious disadvantage. Her wants, wishes, and sentiments cannot be readily brought to the notice of members of Parliament in such a vivid way as to enable them to realise the sacred responsibilities which devolve upon them as the representatives of the great British nation in respect of this distant dependency, the fate of which an all-wise Providence has linked with that of England, and the best interests of which are committed to their care, consideration, and control. Mr. Fawcett, by statutory law your representative, under the immutable laws of divine justice the champion of the poor, the weak, and the oppressed throughout the British Empire, has been one of the few who have familiarised themselves with the condition of India, mastered the details of Indian administration, and been the foremost in lending their voice to the mute millions of India in advocating their natural claims to just and good government, and in demonstrating that the true interests of India and England are identical. The services Mr. Fawcett has rendered to India are too numerous and too well known to require recapitulation. While we feel deeply thankful to him for his earnest and unceasing advocacy of our national cause, we are not the less beholden to you for putting him before and now in a position to give the benefit of his rare intellectual gifts, generous sympathies, and practical wisdom to the millions of this country by his presence in the Imperial Parliament of the United Kingdom. It is through your kindness India is enabled to look forward to continued assistance from Mr. Fawcett, and we therefore consider it our duty to convey to you this earnest expression of our sense of gratitude."

At a meeting of the committee of the Farmers' Alliance, held in London on Friday last, the chairman, Mr. James Howard, was requested to ask the Premier to name a day on which he will receive a deputation from the Alliance. The committee desire to explain to Mr. Gladstone the scope of the objects comprised in the programme of the Alliance, and to indicate those which are of the most immediate importance. They fully recognise the fact that there will not be time for much legislation during the present session; but they consider it desirable to prefer their request before the prorogation.

We have frequently called attention to the importance of good drainage. By this we mean not only a good system, but honest workmanship. A correspondent, "Diogenes" writing to the *Standard*, gives particulars in connection with a "mansion" within five minutes' walk of Gloucester Road station. Sickness had been almost chronic in the house for five years. A careful examination disclosed that—

"A pipe intended to carry the sewer gas right away into the upper air stopped short of its proper altitude, and discharged the said gas into a cistern, from which the daily bed-room water was obtained! The drainage pipes up and down the house were infamously leaky. The lower drainage instead of being, as was supposed, connected with the main sewer, had no connected outlet whatever, but simply made its own cesspool under the area flags, whence three cartloads of accumulated horror have just been removed.

I ask, ought not every house built and finished to have an examination and certificate from some public sanitary authority before being inhabited? And ought not the builder of this house to be hanged?"

Among the correspondence which followed, another writer states that—

"Finding that every one in my house was constantly complaining of sickness, or what not, I had a thorough investigation made, with these results. It was found that from each of three sinks in the house, a common piece of pipe led directly, untrapped, to the sewer, while underneath the pantry floor was a large drain pipe immediately connected with the sewer outside—not even stopped, but allowed to emit under the floor whatever foul gas did not come out above it through the sinks."

A third correspondent from the same district, complains that—

"The house was taken with the assurance that the sanitary arrangements were of the latest and best, including a ventilating pipe from the drains. The result is that the ventilating pipe was found to terminate within a few inches of one of the servants' windows, and naturally discharged its contents into the room. The drainage pipe under the house has leaked in several places, so that the earth surrounding it became saturated. The waste and overflow pipes were conducted direct into the drain-pipes, and lastly, there was the same cesspool under the area flags, as mentioned by your former correspondent, which was found to be completely filled up with sewage."

A correspondent who intended purchasing one of these "mansions" took a wise precaution, with the following result:—

"Having the intention of taking or purchasing a house in that district, and observing a number advertised for public sale, I requested my architect to examine the drainage and sanitary arrangements particularly, and let me have his report. He informs me that, after great trouble, all he has been able to effect is to obtain from the parties advertising the houses for sale the information that 'there are no plans of the drainage and sewer pipes, and that no one seems to know anything about it.'"

"Half-poisoned" proposes concerted action among the residents of the district. He says:—

"As a sufferer through the criminal ignorance and bad work of builders, the economy and inattention of landlords, and the indifference or incapacity of almost useless sanitary inspectors, I would suggest that some one who has time to make the necessary arrangements should call a meeting of the victims around Gloucester Road, with a view to forming an Association for the protection of our lives by an appeal to Parliament or otherwise. I could name a street in South Kensington in which half the houses are empty, the former occupants having died of typhoid fever, or fled to save their lives."

This all points to the need of better supervision on the part of district surveyors. In fact, building laws and regulations notwithstanding, the existing inspection is a sham. Buildings are continually falling down in course of construction; bad materials are almost everywhere used; slip-shod workmanship is passed or conveniently overlooked; while every known sanitary law is openly violated with impunity. If we had no so-called "inspection" by district surveyors, the public would soon become its own inspector; indeed, the sooner the present system, which gives a false sense of security, is abolished to make room for something better, the better it will be for the health of the community.

It is refreshing to get such an utterance as that made by Mr. C. Kegan Paul, at the meeting of the National Temperance League, on Monday last. According to the newspaper reports—

"He took exception to the view that the temperance movement was a leaven from above to below. He believed it was the reverse, and that this movement was from the working men, who felt their own great needs. The movement was reaching the upper classes, who were engulphed in the evil up to the neck. He objected to the view that total abstinence was self-denial, but regarded it as self-benefit."

Regarding the Cinchona cure for drunkenness, Dr. Charles W. Earle says, in the *Chicago Medical Journal and Examiner*:—

"I do not say that not a single person to whom this drug has been administered has stopped the use of liquors; but I do say that not one with whom I have come into contact has, and in many cases its use has rekindled an old desire which by resolution and education had been nearly conquered. I do not say that in every case following the administration of this nostrum injury to the patient has come; but I do say that in every case which has fallen under my observation this has been the result."

But may not this discouraging result be owing to the manner of administration and to the amount of the dose? Dr. Jacob Dixon, it will be remembered, recently explained in our columns how he had succeeded by "graduating" the dose, after the ordinary method had failed with the same patient.

The Rev. H. C. Dickins recently addressed a letter to the *Times*, in which he strikingly showed how much more the poor have to pay, proportionately, for house accommodation than the middle and upper classes. He said:—

"I have the charge of a considerable parish in this town, and I happen to be the occupier, as ordinary tenant, of two different houses, for each of which I pay a rent not more than four or five times as much as many of my parishioners pay for sheds, which in point of accommodation, situation, and repair are not five, but fifty times inferior to either of my own houses. The landlords, most of whom are small tradesmen, to whom cottage property is the regular investment, fix the rents, not according to the supposed value of the houses or in reference to their own outlay upon them, but upon the sole question of what can be squeezed out of the tenant. The occupiers, with that timidity of assertion and inability to combine which is so characteristic of the poor, consider nothing but that if they demand repairs or resist extortion they will have to make way for some one else who will not. And thus in their case the laws of supply and demand are robbed of the protective check which regulates them in the interests of richer and more independent occupiers."

During the recent General Election contest, no defender could be found, even amongst the Ministerial ranks, of the Zulu War. Englishmen, as a rule, do not care to say anything about that unfortunate and disreputable attack upon a brave and friendly people. But an apologist has at length appeared in the person of a Rev. J. Scott, a "Christian" missionary—save the mark! However, Mr. Scott, who has just returned from South Africa, has the courage of his opinions, and at the Wesleyan Missionary Meeting he is reported to have said:—

"He could not stir without being asked, 'What do you think of the Zulu War?' This was not a political meeting, and, therefore, if that question was now asked, his reply would be that what had happened was highly advantageous to the furtherance of the Gospel. They had now an open door everywhere. But it might be said, 'What about John Dunn and his exclusion of the missionaries?' (Cheers.) His answer was, 'Don't believe it.' (Cheers.) Cetewayo and Secocoeni both persecuted the missionaries, and where were they now? (Cheers.) And who was John Dunn that he should defy the armies of the living God? (Cheers.) If that were attempted—which, however, he did not believe—there were in South Africa 'twenty thousand Christian men who would know the reason why!' (Great cheering.) The newspaper correspondents who had stated that the missionaries made the natives worse than better had no real knowledge of missionary labours, had never lived at their stations, or seen their work. Such testimony was utterly worthless as it stood; but, in the face of the triumphs of the Cross in those benighted regions, it ought to have been regarded with suspicion and disbelief from the first."

By the "cheers" reported, it is evident that Jingoism is not dead. But it reappears under a more repulsive form than it has hitherto presented—religious Jingoism. We are not opponents of missionary enterprise; but let Mr. Scott and his friends remember that we have "heathen" in our midst more benighted even than the poor Zulu. What about the "dangerous classes" of London and our other great towns? What about the suffering poor, unable to get food and shelter,

and continually dying—not, of course, by starvation—but whose deaths are tabulated as having been "accelerated by want of food"? What about many of the princely contributors to "missions" who literally wring the gold so bestowed from the lives of their *employés*, as is the case in too many City warehouses and counting-houses? Good friends, whose sympathies extend to the Zulu (who, after all, may be so benighted as to think your "tender mercies nothing but cruelty"), and embrace "the naked negro panting at the Line," or anywhere else, look at home!

If you care not to personally examine into our social condition, because you dread contact with the festering humanity in our midst, turn each week to the contributions of Mr. G. R. Sims to the *Weekly Dispatch*, to which we have previously drawn attention. Unfortunately, in these pictures Mr. Sims depicts real life—too real! Last week he exposed the system of overwork prevailing in the wholesale drapery trade, tracing to the death one of its victims. On the system, Mr. Sims says:—

"I have told here the simple story of a young lad's life. The incidents happen every day. There are twenty wholesale houses where the system here described prevails. The heads of the firm are in many instances, I believe, ignorant of the terrible amount of overwork and overstrain to which their younger *employés* are subjected. Many of these 'slave-owners' are most charitable men, and Solomon Smith himself is chairman of the Society for Promoting Early Closing among the Hottentots. We have an Act which protects the factory workers, and we have vigorously attacked the petty masters of 'sweating-shops.' But there flourish in our midst colossal concerns, owned by merchant princes, which employ boy labour under the most cruel circumstances. In some of these houses the lads have barely time to swallow their meals, they sleep twenty in a small room, and have often to work in an underground cellar from half-past eight in the morning till past eleven at night, sometimes from six in the morning till two the next morning for days in succession. And during the 'busy times' not one penny extra is allowed in the shape of salary to these white niggers."

Says an old book, in which missionaries are supposed to believe, "God hath made of one blood all the nations of the earth to dwell therein"—but what has been the result of most of our missionary enterprise? Have we not almost invariably "improved" the noble savage off the face of the earth? Mr. Scott boasts that there is "an open door everywhere," but the door that was most widely opened of late was the grave, and through that door the armies of the living God have driven Zulus—how many thousands we do not care to remember. And, threatens Mr. Scott, in case of any further obstruction, that door will be opened again, for "twenty thousand Christian men will know the reason why!" Nothing is more calculated to bring Christianity into disrepute than such teaching, and we feel inclined to apply to this missionary, whose "John the Baptist" is fire and sword, the scathing lines of Moore:—

"Just God, oh, what must be Thy look
When such a wretch before Thee tands,
Unblushing, with Thy sacred Book,
Turning its leaves with blood-stained hands,
And wresting from its page sublime
His creed of wrong, of lust, and crime!"

Fraser, in its concluding article for this month, gives the following advice to the new Government:—

"We would beg the new Administration to do nothing in a hurry. They have work enough upon their hands for the present, if they get the finances of the country into order, and repair the damages of the last six years. But while they are refitting and performing the necessary administrative and legislative duties which are demanded of a Ministry, let them inform themselves in the best way possible of all the facts bearing on the great question of a redistribution of seats. Let there be nothing haphazard—let there be no 'leap in the dark'—when they come to lay their Reform Bill before Parliament. This very session the work should be commenced. A Commission should be issued to consider the whole question, and to prepare the ground for future legislation. This is the heaviest piece of work which has fallen to any Administration since 1832, and it cannot be done hastily, and it must not be scamped. It is to be hoped that the moderate section of the party will recognise the necessity of thoroughness in the undertaking, and will not lose heart if more than one of their cherished landmarks should disappear. It is to be hoped equally that the more advanced section of the party will submit to the soothing influences of 'the magic of patience,' in reference to this and to other matters in which they may be interested. If they should be too exacting and too obstinately zealous in pursuit of their own special aims, the very strength of the Liberal party will become a weakness, and their great majority a snare. No one will be to blame except the members of the majority themselves, if the Liberals do not enjoy a prolonged lease of power."

NEW BOOKS AND PUBLICATIONS.

THE DAILY ROUND: MEDITATION, PRAISE, AND PRAYER. London: J. Whitaker, 12, Warwick Lane.

This little manual has already received the warm commendations of many of the leading Bishops and Church dignitaries. It is remarkable for its unaffected piety, and for the absence of controverted points of doctrine, and consequently is likely to be popular with all sections of the Established Church.

THE SOCIAL REFORMER, Vol. XIV. Glasgow: 30, Hope Street.

Although the organ of the United Kingdom Alliance Movement in Scotland, the *Social Reformer* contains much useful matter upon other than prohibition topics, while the temperance news is selected with care, and condensed so as to preserve all really useful information within as small a compass as possible, no slight recommendation in these days of organisational verbosity.

THE PICTORIAL NEW TESTAMENT FOR THE YOUNG. London: Elliot Stock, 62, Paternoster Row.

Here we have one of the marvels of the age—the New Testament, with notes, maps, and illustrations, for one penny. Editions in wrapper and cloth are also issued, at twopence and threepence respectively. Private enterprise, in this instance, more than distances the Bible Society.

THE HOLY BIBLE, WITH ILLUSTRATIONS BY GUSTAVE DORÉ. London, Paris, and New York: Cassell, Petter, Galpin, and Co. Part I.

This is the first part of a new edition of this superb work. It is not likely that this unique edition of the Bible will be matched during the present century, while its price, 7d. per part, brings it within reach of all classes.

THE NEW TESTAMENT COMMENTARY FOR ENGLISH READERS. By the Bishop of Gloucester and Bristol. Part II. Messrs. Cassell.

We had pleasure in calling attention to this work last month. The introductory chapter, continued in each part, promises to be a very valuable contribution to popular Biblical criticism.

FRANK WEST; OR, THE STRUGGLE OF A VILLAGE LAD. KATIE'S COUNSEL, AND OTHER TALES. By a Clergyman's Wife. London: National Temperance League, 337, Strand.

These volumes, nicely printed and attractively bound, and very cheap withal, are issued with the view of interesting the young in the question of temperance. "Katie's Counsel" makes an admirable little prize volume, and will not fail to interest and instruct its readers.

THE AUTOBIOGRAPHY OF MR. C. BRADLAUGH: A PAGE OF HIS LIFE. London: 28, Stonecutter Street.

This pamphlet is likely to attract attention just now, since its author and subject is a member of the new Parliament. The reader can trace the processes of thought by which Mr. Bradlaugh reached his present theological views, and it might be carefully studied by those teachers of youth who discourage and suppress, rather than satisfy, inquiries upon matters of faith. Had Mr. Bradlaugh fallen into more kindly hands when a youth, it is possible that his divergence from orthodox belief would never have occurred.

THE A B C CHURCH AND CHAPEL DIRECTORY, AND MAY MEETING HANDBOOK. London: R. Banks, Racquet Court.

The present is the nineteenth annual issue of this very useful directory.

Its information is carefully collected and arranged, and its value can only be measured by those who have occasion to consult such a guide.

THE PHRENOLOGICAL MAGAZINE, April, 1880. No. 4. London: L. N. Fowler, Ludgate Circus.

Mr. Fowler enjoys a wide reputation as a phrenologist and teacher of health. The magazine, which improves with each successive issue, is likely to find favour with a wide circle of readers. It discusses several subjects of importance.

RECEIVED.

The National Independent, Leeds. Under the directing hand of its new editor and proprietor, Dr. F. R. Lees, this paper is improving week by week. It discusses political and politico-social subjects with rare ability and discrimination. It has only to become known to progressive minds, to ensure the national circulation it deserves.—*The Standard Book of Song*, Part III., 337, Strand.—*Mats and Floor Coverings*, 69, Ludgate Hill.—*The Temperance Journal.—The Church of England Temperance Chronicle.—The Missionary Juvenile.—Unity.—Social Notes.—The Kentish Templar. The Temperance Worker.—The Sentinel.—Journal of the Society of Arts. Baptist Messenger.—The Dietetic Reformer.—The St. Mary's College Miscellany*, St. Mary's College, Peckham. —*The Christian Age.* — *The Christian Life.—The Herald of Health.—Charity Reform Papers*, No. 6.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

THE MINORITY VERSUS THE MAJORITY.

To the Editor of "HOUSE AND HOME."

SIR,

In my letter sent on the 24th inst. I gave a sufficient answer to those who condemn *in toto* the use of animal food. Whether total abstinence from it or its use in moderation is the better of the two must be left to individual decision. It was not my intention to refer to the subject again, had not a letter appeared in your issue of the 24th signed "A Vegetarian Lady." Had this lady more deeply studied her Bible, she would have better understood the meaning of Gen. ix. 4. She quotes it as condemning the use of flesh, but no, what it forbids is "flesh with the life thereof, which is the blood thereof." It is merely a passing intimation given in the early part of the Pentateuch of what was to be more fully opened up in a subsequent part—viz., that under no circumstances whatever were the Israelites to eat the blood of the animal. Abundant permission is given to eat flesh, but never with the blood. If this lady will open her Bible at Deut. xii. v. 15 to 25 inclusive, she will see this most fully confirmed. Especially see verses 15 and 20—"Thou mayest kill and eat flesh, whatsoever thy soul lusteth after." Again, in Levit. xvii. 10 to 14, the prohibition is still against eating the blood, but not against eating flesh, and the reason is given in verse 11—"It is the blood that maketh the atonement for the soul." Two more quotations shall suffice, though I could give many. See 1 Chron. xii. 40. In that verse we read of various kinds of food sent to King David. Did the bearers tell him that all was to be eaten excepting the oxen and the sheep? And once more, in 1 Kings iv. 22, 23, what an amazing consumption of flesh there must have been *in one day* for Solomon's household! This lady's taste and preference may lead her to abstain from animal food, but in saying that the Bible forbids it, she speaks "without the Book." It is a curious phase in this latter half of the nineteenth century that any novelty that is taken up by the minority is expected by them to be endorsed by the majority, and if not so done, condemnation is passed upon them. It is just so in this matter of eating animal food. Most clearly it was given to man immediately after the flood, and has been continued since. If the vegetarians prefer their diet, and thrive upon it, let them by all means continue it, but let them not condemn *in toto* the majority who do not coincide with their view. It is to be hoped the vegetarians will greatly increase, as that may have the effect of keeping in check the enormous price of butchers' meat.

I am constrained to write this in refutation of the lady's misunderstanding of Gen. ix. 4; but at the same time I reiterate what I advanced in my last letter—viz., that the consumption of animal food in this country is far greater than it need be, and that most people would be better with less of it. In moderation it is beneficial, but in excess it taxes the digestive powers. But at the same time it is rather a startling crotchet that this food, which has been in use since the days of Noah, authorised and provided by the Lord Himself, is now discovered to be so highly dangerous and unwholesome that the whole community is advised entire abstention from it. But more than this, condemnation is passed upon those who use their own judgment in the matter. Let the minority hold their own opinions, and suit their practice accordingly, but let them not condemn the majority for differing from them. This might eventually prove the first step in exchanging the happy liberty of England for the despotism of Turkey or Russia.

E. B.

April 30th.

P.S.—The subject is now exhausted, as far as I am concerned, and I shall not again refer to it unless compelled to do so.

THE PREACHER.—A great writer has told us that one of the most beautiful and touching things one sees on earth is a man standing and speaking spiritual things to men. And he asserts that "The speaking function—this of truth coming to us with a living voice—nay, in a living shape, and as concrete practical exemplar—this, with all our writing and printing functions, has a perennial place." For some have thought, and staunchly maintained, that the pulpit has done its work, and that the multitude of newspapers, books, and magazines, is enough for all the requirements of man. It is remarkable, however, that never did so many men and women listen with solemn and earnest attention to so many preachers throughout the land; and that wherever there is a preacher whose peculiar gifts proclaim his vocation to speak to men of the glad tidings of good things, the crowds have joyfully assembled to hear him. The truth is, that philosophy has never made men moral, nor abstract doctrine made them holy. The Incarnation was as needful to sanctify as it was to redeem; and the warm presence of humanity, not merely thinking the truth, but feeling it, not denouncing sin, but fighting it, carries a force with its living energy which nothing else can simulate or rival. Every era of rising religious life has been an era of preaching. Even now, while men complain that we have so few great preachers, they seem to forget that we have so many good ones; and if they demand an excess of pastoral care, it is because they are anxious to continue during the week the good influence they felt on the Sunday, and to be better acquainted with him who so deeply enters their hearts, and so tenderly touches their lives.—From the *Quiver* for May.

LONGFELLOW AS A POET.—Longfellow is successful in three kinds of poetic effort—the descriptive, the dramatic, and the lyrical. Facile in depicting the moods of Nature, he has also considerable power in the delineation of human passion. This will have been gathered from what we have already remarked in mentioning his various works in their chronological order. The dramatic faculty, however, is not so strong in him as the lyrical. A comparison between "The Spanish Student" and such stirring lyrics as "Victor Galbraith" will clearly show this. He is emphatically a poet of the people, and, as one writer has remarked, there is no greater lack in English literature than that of such a poet—"one who shall be to the labouring classes of England what Goethe is to the peasant of Germany. He was a true philosopher who said, 'Let me make the songs of a nation and I care not who makes its laws.' There is one writer who approaches nearer than any other to this standard; and he has already gained such a hold on our hearts that it is almost unnecessary for me to mention his name. Our hemisphere cannot claim the honour of having brought him forth; but still he belongs to us, for his works have become as household words wherever the English language is spoken."—From Cassell's *International Portrait Gallery* for May.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.
Tennyson.

THUS it is that God wills man to be great—that God wills man to be happy. *Effort* is the condition—*effort* the means, *effort* the vehicle and the hope of all that he is ever to be. Effort over nature—effort over the world—effort, especially, over *himself.—Rev. G. Armstrong.*

The present moment is important chiefly as it affects those which are future, begins or strengthens an evil or virtuous habit, depraves or amends the soul, hardens or softens the heart, and contributes in this way to advance us towards heaven or towards hell. There is no man who is not better or worse to-day by means of what he thought, designed, or did yesterday. The present day therefore, is not only important in itself, as a season for which we must give an account, but because of the influence which it will have on the events of the morrow.—*Rev. T. Dwight.*

That lovely bird of Paradise, Christian contentment, can sit and sing in a cage of affliction and confinement, or fly at liberty through the vast expanse with almost equal satisfaction—while "Even so, Father, for so it seemeth good in Thy sight," is the chief note of its celestial song.—*Swain.*

In the far-extending wilds of Guiana, the traveller will be astonished at the immense quantity of ants which he perceives on the ground and in the trees. They have nests in the branches four or five times as large as that of the rook, and they have a covered way from them to the ground. In this covered way thousands are perpetually passing and repassing, and if you destroy part of it, they turn to and immediately repair it. Other species of ants, again, have no covered way, but travel, exposed to view, upon the surface of the earth. You will sometimes see a string of these ants a mile long, each carrying in its mouth to its nest a green leaf, the size of a sixpence. It is wonderful to observe the order in which they move, and with what pains and labour they surmount the obstructions of the path. —*Waterton.*

Let your food be simple, and drinks innocent, and learn of wisdom and experience how to prepare them aright.—*Tryon.*

"I guess," said the philosophical supercargo Jonathan Downing, when he wrote home from Canton to his uncle the Major, "that there really be but two sorts of good Government, in the nature of things—bamboo, or the like, as in China, and bamboozle, or the like, as in the old country; but we in the States use 'em both, and ours is the grandest Government in the universe—bamboo for the niggers, and bamboozle for ourselves."
Truths and Fictions of the Middle Ages.

Does not every architect complain of the injustice of criticising a building before it is half finished? Yet who can tell what volume of the creation we are in at present, or what point the structure of our moral fabric has attained? Whilst we are all in a vessel that is sailing under sealed orders, we shall do well to confide implicitly in our Government and captain.
Edinburgh Review.

He who toils with pain will eat with pleasure. No duns outside, and no doctors within. Forbearance is a domestic jewel. Something is learned every time a book is opened. To stop the hand is the way to stop the mouth. Who aims at excellence will be above mediocrity; who aims at mediocrity will fall short of it.—*The Chinese, by J. F. Davis.*

Boast not of thy own acts, though thou dost exceed in arts or sciences; but consider whatever thou canst do more than thy neighbour is the gift of the Lord, and not thine; be not therefore proud of that which is none of thy own.—*Tryon.*

THE HOUSEWIFE'S CORNER.

SNOW-FLAKE BISCUITS.

A lady writes: "It is well to be able to put these late Spring snows to some use. Try some, as we did the other night, in biscuit, and see if the result is not satisfactory. Rub butter the size of an egg into a quart of flour, through which has been sifted a teaspoonful of salt and two teaspoonfuls of sea-foam. Whip two cups of milk for a minute with a cupful of new-fallen snow, and stir it into the flour. Let the dough be as soft as you can handle; roll out thin, cut out with a small cake cutter, and bake in a quick oven. It is a luxury that you cannot often enjoy, as you cannot use snow for the purpose unless it is light and feathery."

TO MAKE GALL SOAP.

Gall soap, excellent for washing silks and ribbons, may be made by heating one pound of cocoanut oil to 60° F., into which one half pound of caustic soda is gradually stirred; to this one half-a-pound of Venice turpentine, previously warmed in another vessel, is added. The kettle is allowed to stand for four hours, subject to a gentle heat, after which the fire is increased until the contents are perfectly clear. One pound of ox-gall, followed by two pounds of castile soap, is then mixed in, and the whole allowed to cool, when it may be cut into cakes.

ICE PUDDING.

Two tablespoonfuls of "Duryea's improved corn-starch" to one quart of milk; mix the corn-starch with a little of the milk, and flavour with either essence of lemon, orange, almond, or vanilla; beat two eggs; heat the remainder of the milk to nearly boiling, sweeten to taste, then add the mixed corn-starch and eggs; boil for two minutes, stirring briskly; pour out on a dish to cool; add a quarter of a pint of double cream and freeze, as you would ice cream; serve in as rocky a manner as possible, with frozen fruit round the base.

HOW TO OBTAIN OUR SECOND VOLUME FREE OF COST.

The Lay Preacher says of this volume:—

"The second volume of *House and Home* is even an improvement upon the first. Mr. Pearce deserves great credit for the spirit with which this weekly is conducted, and for its high moral tone. As a cheap weekly paper, exclusively devoted to household matters, it stands unrivalled."

To extend the circulation of *House and Home* amongst new circles, and to encourage our friends for introducing it to others, we will send one copy of our second volume, handsomely bound, free by post, for every two new annual subscribers procured. The volume will be sent to the person by whom the orders and remittances are forwarded to us. The annual subscription for the paper is 6s. 6d.

PORTRAITS.

THE following Portraits are in preparation:—

RIGHT HON. SIR STAFFORD NORTHCOTE.
RIGHT HON. W. E. GLADSTONE.
THE EARL OF DERBY.
W. H. SMITH, ESQ., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, ESQ., C.B.
&c., &c., &c.

HOW OUR FRIENDS MAY HELP US.

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HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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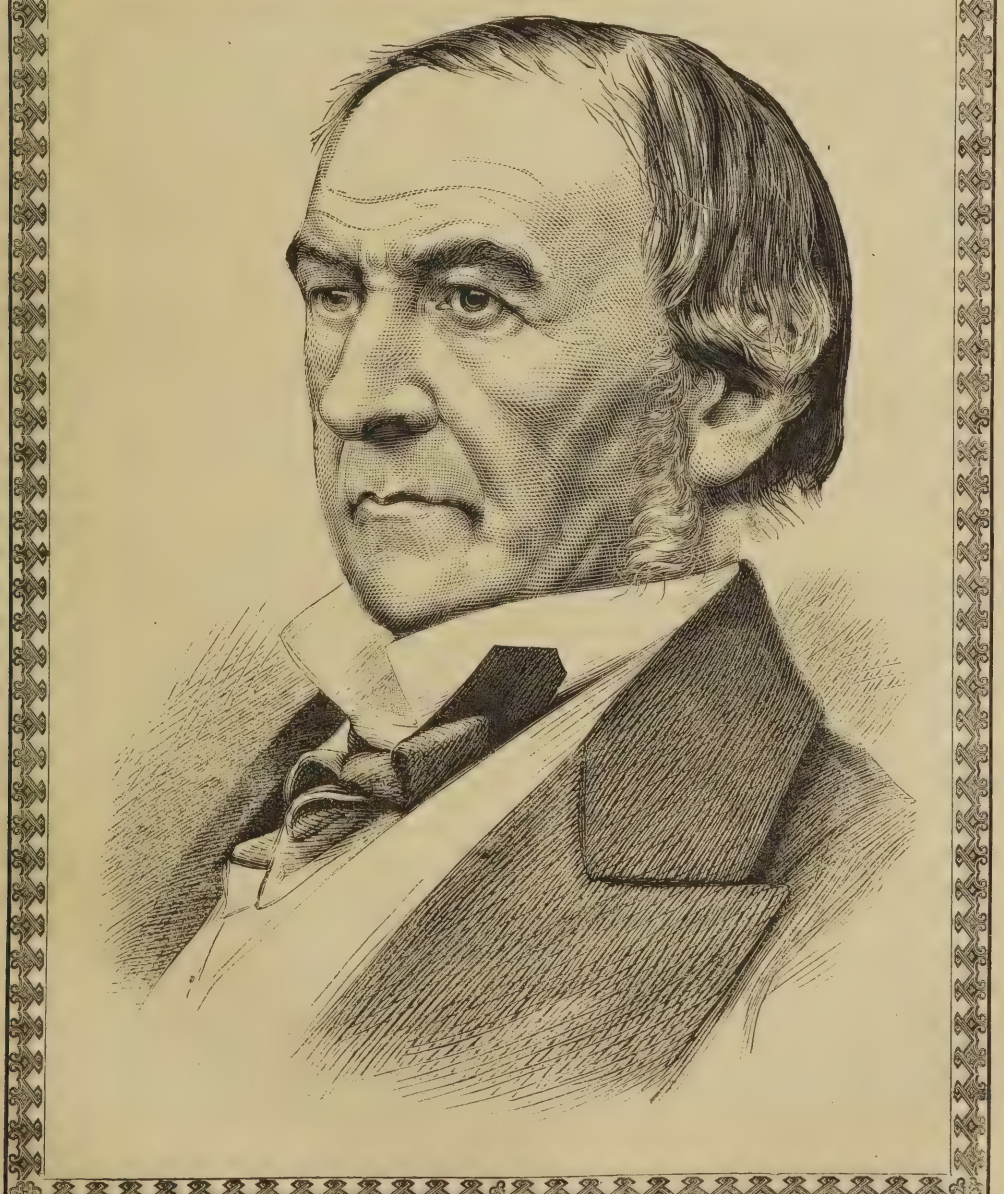

THE RIGHT HON. W. E. GLADSTONE, M.P.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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THE RIGHT HON. W. E. GLADSTONE, M.P.

THE public have of late been overwhelmed with portraits and biographical sketches of Mr. Gladstone, but ours have been announced for several months, and we think the present the most fitting occasion for publication. "The spoils of war have been laid at the victor's feet," who once more assumes power, backed by the largest parliamentary majority any statesman of modern times could command. Our space will not permit more than a bare chronicle of the chief events of the active public life extending to nearly half a century of England's foremost statesman.

The Right Hon. William Ewart Gladstone, M.P., fourth son of the late Sir John Gladstone, a Liverpool merchant, was born at Fasque, Kincardine, N.B., December 29th, 1809. He was educated at Christ Church, Oxford, where he graduated, taking a double first-class in 1831.

After a brief Continental tour, he was elected, in the Conservative interest, for Newark, at the General Election of December, 1832 ; and he was appointed a Junior Lord of the Treasury by Sir Robert Peel, in December, 1834, and in the following February he became Under-Secretary for the Colonies, holding that office for about two months, when the Ministry retired. When Sir Robert Peel returned to power, in 1841, Mr. Gladstone became Vice-President of the Board of Trade and Master of the Mint, at which time he was sworn in a member of the Privy Council. His work in connection with the revision of the Tariff, in 1842, elicited warm admiration, and in 1843 he succeeded the Earl of Ripon as President of the Board of Trade, but resigned that office in 1845 to occupy the post of Secretary of State for the Colonies, then vacated by the late Earl of Derby. In January, 1846, Mr. Gladstone resigned his seat for Newark, remaining out of Parliament until the general election of August, 1847, when he was elected for the University of Oxford ; and during that Parliament he frequently acted and voted in opposition to the Conservative party, and he finally separated himself from that body in February, 1851.

In July, 1852, he was re-elected for the University, after a severe contest, and in the following December he was appointed Chancellor of the Exchequer under the Earl of Aberdeen, a post he continued to hold for a short time after the reconstruction of the Ministry by Lord Palmerston, resigning it when the Government declined to oppose collectively the vote of censure implied in Mr. Roebuck's famous resolution. In the winter of 1858-9 he undertook, at the request of the late Earl of Derby, a mission to the Ionian Islands, and in June, 1859, he resumed office as Chancellor of the Exchequer under Lord Palmerston, continuing in that office till the close of Earl Russell's second Administration, June, 1866. At the general election, July, 1865, Mr. Gladstone failed to secure his re-election for the University of Oxford, but he was returned for South Lancashire. On the death of Lord Palmerston, October, 1865, he became leader of the House of Commons. At the general election of 1868 he was defeated in South Lancashire, but elected, without any solicitation on his part, for the borough of Greenwich, and on the resignation of Mr. Disraeli's Government, in the December of that year, he became Prime Minister, holding office as First Lord of the Treasury, and concurrently as Chancellor of the Exchequer from August, 1873, until February 21st, 1874. Mr. Gladstone did not offer himself for re-election at Greenwich at the recent general election, but contested Midlothian, being returned by that constituency by a majority of 211. On the 28th of April last, he was appointed First Lord of the Treasury and Chancellor of the Exchequer, and on the 7th inst. he was re-elected for Midlothian without opposition.

Mr. Gladstone was Lord Rector of Edinburgh University 1857-65, and Lord Rector of Glasgow University in 1877.

Notwithstanding a long Parliamentary and Ministerial career, Mr. Gladstone has been a prolific author, and the following list of his published works will be read with interest :—

Portions of "The Eton Miscellany," by R. Bouverie [W. E. G.]. 8vo. (1827.)

"Speech Delivered in the House of Commons on the Motion of Sir G. Strickland for the Abolition of the Negro Apprenticeship." 8vo. "The State in its Relations with the Church." 8vo. [Second edition, 1839 ; fourth edition, enlarged, two vols., 1841.] (1838.)

"Church Principles Considered in their Results." 8vo. (1840.)

"The Inaugural Address Delivered at the Opening of the Collegiate Institution, Liverpool." 8vo. (1843.)

"A Manual of Prayers from the Liturgy, arranged for Family Use." 12mo. "Remarks upon Recent Commercial Legislation." 8vo. "Substance of a Speech for the Second Reading of the Maynooth College Bill." 8vo. (1845.)

"Substance of a Speech on the Motion of Lord John Russell for a Committee of the Whole House with a View to the Removal of the Remaining Jewish Disabilities, December 16th, 1847, with a Preface." 8vo. (1848.)

"Substance of a Speech on the Affairs of Greece and the Foreign Policy of the Administration, June 27th, 1850." 8vo. "Remarks on the Royal Supremacy, as it is Defined by Reason, History, and the Constitution, a Letter to the Bishop of London." 8vo. ["Historical Remarks on the Royal Supremacy." Extracts from above. 1865. 8vo. New edition, with new preface, 1877. 8vo.] "Speech on the Commission of Inquiry into the State of the Universities of Oxford and Cambridge." 8vo. (1850.)

"A Letter to the Earl of Aberdeen on the State Prosecutions of the Neapolitan Government." 8vo. "A Second Letter to the Earl of

Aberdeen on the State Prosecutions of the Neapolitan Government." 8vo. [Another edition (both letters), 1851, 8vo; third edition, 1851; seventh edition, 1851; fourteenth edition, 1859, 12mo.] "Ecclesiastical Titles Assumption Bill: Speech on the 28th March, 1851, on the Motion that the Bill be Read a Second Time." 8vo. Translated L. C. Farini's "The Roman State from 1815-50." 8vo. (1851.)

"An Examination of the Official Reply of the Neapolitan Government, entitled, 'Rassegna degli errori e delle fallacie pubblicati dal Signor Gladstone.'" 8vo. "A Letter to the Right Rev. W. Skinner, D.D., Bishop of Aberdeen, on the Function of Laymen in the Church." 8vo. [Second edition, 1852; new edition, 1869, 8vo.] "Speech of Mr. Gladstone on the Second Reading of the New Zealand Constitution Bill." 8vo. (1852.)

"Speech of the Chancellor of the Exchequer on the Financial State and Prospects of the Country." 8vo. (1853.)

"The Financial Budget for 1854." 8vo. (1854.)

"Our Colonies: an Address." 8vo. "Speech on the War and the Negotiations in the House of Commons, on the 3rd August, 1855." 8vo. (1855.)

"On the Place of Homer in Classical Education and in Historical Inquiry." 8vo. [In "Oxford Essays." 8vo.] "War in China: Speech on March 3rd, 1857." 8vo. (1857.)

"Studies on Homer and the Homeric Age." Three vols. 8vo. (1858.)

"Inaugural Address delivered before the University of Edinburgh, April 16th, 1860." 8vo. [Another edition, 1860. 8vo.] "Speech of the Chancellor of the Exchequer on the Finance of the Year and the Treaty of Commerce with France, delivered in the House of Commons, Feb. 10th, 1860." 8vo. (1860.)

"Translations by Lord Lyttelton and W. E. G." 8vo. (1861.)

"Mechanics' Institutes: their Advantages and how to Improve them: a Lecture." 12mo. "Address and Speeches Delivered at Manchester on the 23rd and 24th April, 1862." 8vo. (1862.)

"The Financial Statements of 1853, 1860-1863, to which are added a Speech on Tax-Bills, 1861, and on Charities, 1863." 8vo. "Wedgewood: an Address delivered at the Laying of the Foundation Stone of the Memorial Building in Honour of J. Wedgewood." 8vo. "Translations by Lord Lyttelton and W. E. G." 4to. (1863.)

"Speech on the Bill for the Extension of Suffrage in Towns." 12mo. "The Financial Statement of 1864: delivered April 7th, 1864." 8vo. (1864.)

"Address on the Place of Ancient Greece in the Providential Order of the World, Delivered before the University of Edinburgh." 8vo. 'The Financial Statement of 1865: delivered April 27th, 1865." "Speeches and Addresses Delivered at the Election of 1865." 8vo. (1865.)

"Speeches on Parliamentary Reform in 1866." 8vo. (1866.)

"A Chapter of Autobiography." 8vo. [Tenth thousand, 1868.] "Ecce Homo." [Reprinted from *Good Words*.] 8vo. (1868.)

"Juventus Mundi: the Gods and Men of the Heroic Age." Crown, 8vo. "The Irish Church: a Speech Delivered in the House of Commons March 1st, 1869." 8vo., third edition, 1869. (1869.)

"Germany, France, and England." [*Edinburgh Review*.] 8vo. "A Speech Delivered in the House of Commons on March 11th, 1870, on the Second Reading of the Irish Land Bill." 8vo. "A Corrected Report of the Speech on Proposing the Irish Land Bill, February 15th, 1870." 8vo. (1870.)

"A Corrected Report of the Speech of the Right Hon. W. E. Gladstone, at Greenwich, October 28th, 1871." 8vo. (1871.)

"An Address Delivered at the Distribution of Prizes in the Liverpool Collegiate Institution," with an Introduction. 8vo. "Speech on Moving for Leave to Bring in a Bill Relating to University Education in Ireland." 8vo. (1873.)

"Ritualism." [In *Contemporary Review*.] "Speech on the Second Reading of the Church Patronage (Scotland) Bill in the House of Commons, July 6th, 1874." 8vo. "The Vatican Decrees in their Bearing on Civil Allegiance: a Political Expostulation." [16th thousand, 8vo; 70th thousand, 12mo; 104th thousand, 8vo; 110th thousand, 12mo.] (1874.)

"Vaticanism: an Answer to Replies and Reproofs." 8vo. "Speeches of Pius IX." [In *Quarterly Review*.] "Introductory Letter to E. de Laveleye's 'Protestantism and Catholicism in their Bearing upon the Liberty and Prosperity of Nations.'" 8vo. [Another edition, 1876. 8vo.] "Rome and the Newest Fashions in Religion: Three Tracts—The Vatican Decrees, Vaticanism, Speeches of the Pope." Collected edition, with a Preface. 8vo. (1875.)

"Homeric Synchronism: an Inquiry into the Time and Place of Homer." 8vo. "A Speech Delivered at Blackheath, Sept. 9th, 1876, together with Letters on the Question of the East." "The Church of England and Ritualism." 8vo. [Reprinted from *Contemporary Review*.] "Bulgarian Horrors and the Question of the East." 8vo. "The Hellenic Factor in the Eastern Problem;" "The Courses of Religious Thought;" "Homerology;" Russian Policy and Deeds in Turkestan." [In *Contemporary Review*.] 8vo. (1876.)

"Piracy in Borneo and the Operations of July, 1849." [In *Contemporary Review*.] "The Sclavonic Provinces of the Ottoman Empire: Address at Hawarden." 8vo. [Eastern Question Association Papers, No. 5.] "Mr. Gladstone's Resolutions and Speech on the Eastern Question in the House of Commons, May 7th, 1877." 8vo. [Eastern Question Association Papers, No. 6.] "Lessons in Massacre; or, The Conduct of the Turkish Government in and about Bulgaria since May, 1876." 8vo. Preface to Misses Mackenzie and Irby's "Travels in the Slavonic Provinces of Turkey-in-Europe." 8vo. (1877.)

"England's Mission." [*Nineteenth Century*.] "Homer." 12mo. [One of J. R. Green's Literature Primers.] "Kin Beyond Sea." [*North American Review*.] "Homer's Epithets of Colour." "The Paths of Honour and of Shame." [Reprinted from the *Nineteenth Century*.] 8vo. "Preface to Schliemann's 'Narrative of Discoveries at Mycenæ.'" 8vo (1878.)

"Dean Hook: an Address Delivered at Hawarden." "Gleanings of Past Years, 1843-78." 7 vols. Fcap. 8vo. "The Country and the Government." [In *Nineteenth Century*.] (1879.)

"Mr. Gladstone in Scotland: Speeches delivered December, 1879." 8vo. "Free Trade, Railways, and Commerce." [*Nineteenth Century*.] "England and Russia, by O. K." [*Nineteenth Century*.] (1880.)

We have occupied the space at our disposal in recording facts and dates of great interest and importance, and conclude by giving his address to the electors of Midlothian, acknowledging his unopposed return to Parliament: —

"GENTLEMEN,—I offer you my grateful thanks for that renewal of your confidence which you have been pleased to signify by my re-election to Parliament. Your electoral victory is now completed by the accomplishment of that change of ministry which has been consequent upon the General Election. Looking back upon the means by which the triumph was achieved in the metropolitan county of Scotland, I desire to render an emphatic testimony alike to their purity, their efficiency, and their completeness. The parochial committees, themselves the result of spontaneous and energetic conviction, taking account of the known opinion of the electors in preference to building upon supposed promises, the doubtful fruit of importunity, ascertained the ground with an extraordinary accuracy, and made clear to us from the first what our opponents only discovered when too late. I have, therefore, great pleasure in interweaving with my thanks to the constituency at large, my special and warm acknowledgments for the generous and confiding address which has been presented to me by the executive committee. The members of that committee will agree with me that the time for words has gone by, and the time for the beginning of action is now come. Of the political professions which I made among you before the General Election, I have only to say that they have now become, in their general sense and spirit, honourable engagements, which I shall do my best, as occasion offers, to redeem.

"I have the honour to be, Gentlemen,

"Your obedient and grateful servant,

"W. E. GLADSTONE.

"10, Downing Street, Whitehall,
"May 8th, 1880."

ON SIMPLE METHODS OF SAVING LIFE AT FIRES.

BY THOMAS TWINING, ESQ.

THE late fatal fire in Aldersgate Street has afforded instructive proof, on the one hand, of the comparative safety with which the inmates of a second or third floor of a burning house may

be rescued by holding up a yielding surface for them to jump down upon, and on the other hand, of the necessity of organising this means of rescue in a systematic manner, so that it may become generally known, and confidence may be secured on the part of those to be rescued, as well as ability on the part of the rescuers. On the latter point only have we cause for satisfaction in the present instance. The tarpaulin taken off a neighbouring van was an appliance well suited to being held up to receive persons who, having to jump only from a second floor, might well rely on its sufficient strength. To tear a carpet from a floor of an adjoining tavern was also a good expedient if it could be quickly carried out. But of five men at the windows, only one availed himself of the proffered assistance, and benefited by its efficacy. The others shrank from the leap, till overpowered, as it seems, by the smoke, they fell back and perished in the flames. Now this could scarcely have happened if what we may call, for want of a better name, "a safety-sheet," had become, as it ought to be by this time, a household word, a thing known and trusted by every one, an appliance as much used as the ladder on wheels, and available in some cases where that could not be employed. Impressed with the desirableness of making the knowledge and appreciation of means of safety like these a regular element in the education of the people, I described and illustrated the mode of rescue in question in my series of lectures entitled "Science Made Easy," the object of which is to familiarise the masses with the benefits derivable from an insight into nature's laws. I felt, however, that to acquire its full value, this means of safety should be taken up by the Fire Brigade, the police, or some influential and humane association. In May, 1877, I wrote to the London Fire Brigade offering a sum of twenty-five pounds, or twice that amount if necessary, for instituting a series of experiments—firstly, with such appliances as are everywhere to be had, and secondly, with appliances specially devised for the purpose. I suggested that these trials might embrace, among others, the following questions: What *ordinary appliances*, are found practically the most suitable? What dimensions should they have? And at what height should they be held to be in accordance with the height of descent? As regards *special appliances* there is much to be said in favour of a strong rope net, which could be supplied at a reasonable rate by Messrs. Hood and Son, of Gateshead, the manufacturers of the nets which have been so much brought into notice by the feats of Zazel and others at the Aquarium. I am, however, inclined to think that a strong square sail would be found preferable, as being more clearly visible, and more inviting to the person called upon to come down on to it—to say nothing of the danger of entanglement in the meshes of a net, unless they were smaller than those which appear to have been used for acrobatic purposes.

My letter was accompanied with a sketch of a special safety-sheet, with poles and appropriate tackle. The *Graphic* of November 24th of the same year contained an excellent reproduction of this sketch, with suitable surroundings in the form of a well-executed woodcut, and an accompanying text brought fully into relief the advantages of this system. Since then, however, I am not aware that anything has been done in this direction, and it is time that public attention should be effectually aroused by your valuable journal, in which a series of letters from various persons practically conversant with fire escapes would be as interesting as useful. Possibly out of such correspondence might arise a special exhibition at the Agricultural Hall, including everything connected with the broad subject of safety of life and property from fire. It would doubtless be patronised by the committee of the Parkes Museum of Hygiene, at which noble institution a selection of the most approved articles, models, or designs might afterwards most appropriately be located.

NARCOTICS.

By Rev. C. H. Collyns, M.A.

II.

A French man of science, whose name is known to all learned men, the Abbé Moigno, has told us that when he was a tobacco smoker his nerves were shattered and his memory was distinctly impaired; but that by abstinence from tobacco both nerves and memory were restored to their natural state. Another French citizen, himself a learned physician, named Decaisne, has traced the evil effects of smoking on boys. In the year 1833 the late Sir Astley Cooper, one of the most noted of English surgeons, had a gentleman under his care for cancer, whose tongue had almost mouldered away. This sad affliction Sir Astley traced to habits of smoking. To return to France, Dr. Jolly has published statistics showing how the increase of madness in France has gone along with the great increase of smoking in that country. Our own eminent countryman and surgeon, the late Sir Benjamin Brodie, who had vast knowledge and lengthened experience in this matter, speaking against the use of tobacco, said that the empyreumatic oil of that plant would kill a cat in a few minutes; that this same oil was always circulating in the blood of an habitual smoker; and that the habit of smoking rendered the man addicted to it lazy and listless, indisposed to bodily and incapable of much mental exertion. Now, about this action of tobacco on the mind, we have, as it happens, a most remarkable piece of evidence. In Paris there is a celebrated school of young men, the Polytechnic, from which have come forth some of the greatest of Frenchmen. It was found, on examination, that out of the 20 highest pupils in this school (there were 160 pupils in all) the smokers were but six, whereas the non-smokers were 14; of the 20 who stood next highest, 10 were smokers and 10 non-smokers; of the third 20, 11 were smokers and 9 non-smokers; of the fourth 20, 14 were smokers and 6 non-smokers; of the fifth 20, 13 were smokers and 7 non-smokers; of the sixth 20, 15 were smokers and 5 non-smokers; of the seventh 20, 16 were smokers and 4 non-smokers; while of the lowest 20, 17 were smokers and 3 non-smokers. This statement of fact is most worthy of notice. The higher up in intelligence we go the fewer are the smokers, the more the non-smokers; and as we travel downwards, class by class, to the least intelligent, the smokers increase, until at last we reach the lowest level of intelligence, and there the smokers, when compared with the non-smokers, are as 17 to 3. The reason of all this is plain. The brain is

the instrument of thought. For the perfect working of that most delicate and wonderful instrument, a full supply of pure blood is absolutely necessary, inasmuch as the act of thinking destroys a portion of the molecular structure of the brain. The brain, therefore, requires constant rebuilding; whereas, as we have already seen, tobacco, instead of rebuilding, acts most harmfully on it. The teaching of these facts is confirmed by an apologist for tobacco, Dr. Murray, of Newcastle, who says that in mental calibre smokers have been found behind non-smokers. And now from all this teaching furnished by this French school, and by the other facts which have been adduced, let us proceed to see what harm tobacco is reported to be actually doing at this moment amongst young people in our own country. Dr. Ferguson is an Inspector of Factories and Workshops, appointed by the British Government to watch whether the laws with regard to these places are duly observed. What does he tell us about the young factory boys in the district of Bolton, in Lancashire, one of those districts the oversight of which belongs to himself? He says that the population is degenerating—that is, growing worse. He means that the children are not so tall and healthy and strong as they used to be. Moreover, he tells us that, according to his belief, this is greatly owing to the *smoking* and *chewing* habits of the parents, and, he is sorry to add, of the boys themselves. Thus Dr. Ferguson agrees with Dr. Richardson, who said, it will be remembered, that smoking would produce an inferior race of people. This effect Dr. Ferguson declares it is already having in England. And surely we need not wonder that these things are so, when we call to mind all that we have just been hearing about the bad effects of tobacco, whether *smoked*, *chewed*, or *snuffed*. We have seen what its ill effects are on the brain, on the stomach, on the nerves, and on almost every portion of the human body; what the sicknesses, diseases, and serious ailments are which result from its use; how it thins the blood; how it wastes the saliva; how it acts injuriously on the supply of gastric juice, and so hinders digestion, without which there cannot be health in the human body. Nicotine, the chief poisonous matter inhaled in tobacco-smoking, is a more quickly-acting poison than any other, except prussic acid. Oil of tobacco, scraped from a dirty pipe, coming into contact with a sore place has been known to cause death. We must not be astonished, then, that both individuals and whole races of men are so terribly injured by this baneful habit of tobacco-smoking. A modern philosopher, who writes a great deal about social questions, Mr. Herbert Spencer, has acknowledged the danger of it as regards its effects upon the races of men.

And what, we would ask, is the use of all this tobacco-smoking? What do we gain by it? We are spending upon tobacco something like a quarter of a million pounds a week. This expenditure, together with that upon another narcotic, alcohol, robs our working men every year of millions of pounds which ought to be in their pockets, that the money might do lasting good to their homes, themselves, their wives, and children. We may mention that so dangerous to the State does Germany consider this growth of smoking amongst the young to be, that the law has interfered in that country to try to stop it. And amongst ourselves it should be noted that this habit of smoking, extended as it now is, is comparatively modern. Men of sixty years of age have seen an enormous growth of it. As the *Quarterly Journal of Science* so puts it, the habit of tobacco-smoking "is not necessary; for all men do not smoke, and the abstainers are not subject to any inconvenience or disadvantage, but the reverse.

"Homer sang his deathless song, Raphael painted his glorious Madonnas, Luther preached, Guttenberg printed, Columbus discovered a New World before tobacco was heard of. No rations of tobacco were served out to the heroes of Thermopylæ, no cigar strung up the nerves of Socrates. Empires rose and fell, men lived and loved and died during long ages without tobacco. History was for the most part written before its appearance. 'It is the solace, the aider, the familiar spirit of the thinker,' cries the apologist; yet Plato the Divine thought without its aid, Augustine described the glories of God's city, Dante sang his majestic, melancholy song, Savonarola reasoned and died, Alfred ruled well and wisely without it. Tyrtæus sang his patriotic song, Roger Bacon dived deep into Nature's secrets, the wise Stagirite sounded the depths of human wisdom equally unaided by it. Harmodius and Aristogeiton twined the myrtle round their swords, and slew the tyrant of their fatherland, without its inspiration. In a word, kings ruled, poets sung, artists painted, patriots bled, martyrs suffered, thinkers reasoned before it was known or dreamed of.

"Think of ancient Greece, of her glory in arts and arms and song, of her poets, sculptors, architects, after whom the moderns toil in vain. We do but follow in their tracks with halting steps and slow, and yet they lived their lives, and thought their deathless thoughts, and gave immortal beauty to the silent stone without tobacco.

"What shall we say, then, to this habit? It is in no case necessary or beneficial; it is a social nuisance; it is devoid of all æsthetic beauty; it is an unmanly leaning on a solace to care and labour neither sought nor needed by the weaker sex; it is an enormous and yearly-increasing source of national improvidence. Above all, it is the foe to youthful development, the bane of youthful blood and brain. The subject may seem to some too trivial for serious attention; but when we consider the extent of juvenile smoking, we see that the national life and stamina are seriously threatened by this ignoble habit. So a noble tree, heaven-aspiring, with wide-spreading branches, whose leaves are a refuge for the singers of God, may be attacked by some insignificant parasitical plant, which winds round and round it in serpent folds, and sucks away its sap and vigour, till the green leaves are blasted and the singers flee away, till the glory is departed, and Death and Ruin alone remain."

THOUGHTS.

BIRDS are singing round my window
Tunes the sweetest ever heard;
And I hang my cage there daily,
But I never catch a bird.
So with thoughts my brain is peopled,
And they sing there all day long;
But they will not fold their pinions
In the little cage of song.

R. H. Stoddard.

OUR DOMESTIC HABITS.

By Mrs. Anna Perrier.

There is one particular connected with health which I do not remember to have seen very fully discussed as yet in your journal—I mean personal cleanliness. It is customary to consider the English a cleanly people; yet I will venture to say that not only by "the great unwashed"—as a section of our population has been called—but by many other sections among us, from the labourer and artisan to the upper middle classes, and indeed to classes which would resent the term "middle" altogether as applied to themselves, thorough personal cleanliness is as much neglected as in any other nation claiming to be civilised. Now that, in London at least, few houses of any pretension to that obsolete title gentility are built without bath-rooms, we somehow take for granted that these bath-rooms are used; while the fact is that in the great majority of homes they are only used as receptacles for the housemaids' slop-pails and dusters. It is true, I have no doubt, that almost all men of the upper middle class—business men, professional men, &c.—take their morning "tub," and also that for children under a certain age the daily nursery bath is considered indispensable; but I am sorry to be obliged to say, as the result of my experience, that almost all the other members of our households consider not only a daily but even a weekly bath quite unnecessary. I know that there are women, claiming to be ladies in position, and, therefore, ladies in their personal habits, who pass months without subjecting their skins to a thorough cleansing; while by those below that position, both men and women, from the time they leave their nurseries until they are put into their coffins, the process is never performed. Now, it really cannot be necessary to say one word in favour of that process. I suppose there is not a medical man at the present day who would not laugh in your face at your ignorance if you were to ask him seriously whether he considered a clean skin, or rather a periodically cleansed skin—for the daily work of many prevents the possibility of keeping it always clean—a requisite sanitary condition. The question then is, why do not medical men insist on it? They surely are aware of the state of their patients' skins. They must know that hundreds of those who come to them with "nerves out of order," "digestion deranged," "liver a little affected," to whom they give "bottles of stuff," as the patients call it, would not need the "stuff" if they would only promote the healthy action of the skin by plenty of soap-and-water and friction. They must also know that for stamping-out infectious diseases, thorough personal cleanliness of the whole population is a means quite as necessary as attention to drainage or ventilation, and no more difficult of accomplishment. I wish to insist upon this latter point; because many will say "it can, of course, be very easily done when people have bath-rooms, or at least separate sleeping apartments in which they can have a bath, but how about the poor families huddled into one or two rooms?" Well, to this I reply, firstly, that it is those who have baths and bath-rooms, and don't use them, who must begin the reform in this particular. The poorer, and consequently the more ignorant classes among us were, and are, the very last to see the want of better-drained and ventilated dwellings, although they suffered the most from that want. "Where there's a will there's a way;" and once, by precept and example, get the mass of people to understand the benefits and feel the comforts of thorough personal cleanliness, and they will find the way to have it; public baths and wash-houses will be so well supported that it will be worth the while of individual speculators to build them; and we shall scarcely have a street in the poorer quarters of our towns where there is not one. If a working man feels that his daily wash is not only better for his health than his pint of beer, but really gives him more pleasurable sensations, I see every reason to hope that the first will grow more frequent among working men, and the latter less. Secondly, I answer that there does not, even now, exist any insuperable difficulty as regards daily washing among half as large a portion of the working people as we suppose. All those buildings erected for the poor, on the plan originally adopted for the "Peabody trusts," are furnished with every appliance for the personal cleanliness of the tenants; and even in ordinary homes, any family that can afford two rooms can, with a very little management, accomplish the object. No, no, what we most want is to be brought to admit and reform our deficiencies in this respect. I have in vain spoken to working people on this subject—people who I knew could have their daily wash with as little difficulty as I have my own. I have been always met with the objection of "danger of cold," or "never took a bath, and afraid it would not agree with their constitutions." Meantime, the doctor comes to prescribe for the unnecessarily frequent illnesses; the clergyman comes on those occasions, also, if the illnesses are severe enough to cause any apprehension of death; the "district visitor" officials, or the patronising lady unofficial comes, for whom a well-whitened doorstep and a black-leaded grate are prepared, as a matter of course, beside clean pinafores, where there are children—but not one of all these asks a question on the subject on which I have written. Concerning another matter belonging to "our domestic habits," I shall trouble you with a few words on a future occasion.

Aphasia.—By aphasia is meant loss or impairment of the faculty of language. It is quite a different thing from an affection of the voice. It is a brain disease, and there is nothing wrong with the throat or larynx. Sometimes there is a loss only of the faculty of articulate language, but more frequently there is likewise an inability to express the thoughts by writing or by gestures. There is loss, not only of the memory of words, but also of those acts by which these words are articulated. This curious condition is a form of paralysis, and is not unfrequently the result of a "stroke." It is very generally associated with some other form of paralysis, and more especially with loss of power in the right arm and leg. The faculty of language is supposed to be situated exclusively in the left half of the brain, and it is well known that injury or disease of one side of the brain results in paralysis of the opposite side of the body. This readily accounts for the frequent association of aphasia with paralysis of the right side, for they would both be caused by some affection of the left half of the brain.—From the *Family Physician* for May.

A FOUNTAIN.

In the midst, fresh, whistling through the scene,
The lightsome fountain starts from out the green;
Clear and compact, till, at its height o'errun,
It shakes its loosening silver in the sun.

Leigh Hunt.

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Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

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HOUSE AND HOME.

LONDON: MAY 15th, 1880.

THE PREVENTION OF FIRES.

MR. TWINING, whose benevolent exertions to popularise and extend scientific knowledge of a useful kind amongst the people are so persistent and praiseworthy, points out in another column simple and safe means by which the inmates of burning houses may be rescued in the absence of fire escapes and the Fire Brigade. Too wide a publicity cannot be given to his timely suggestions. It would be a useful thing to embody them, with other instructions, in a placard, a copy of which should be posted in every house in the land.

But while fires are so very prevalent and destructive, not only to property, but to life, it becomes us to consider, not merely the best means of extinguishing a burning building or escaping from it, but to extend our investigations to the inflammability of materials used in the building and fitting up of houses. Of all structures those made of wood, or those in whose composition wood enters largely, are obviously the most dangerous. The Great Fire of London and the conflagration at Chicago present instances of the danger attending the massing together of wooden houses. Stone and brick, as they came more into use, reduced the risk from fire, and made it more easy to confine a conflagration within a given area.

We now have houses said to be fireproof, and of these the City of London can boast a number, imposing in appearance, mostly applied to mercantile uses. But very little has been done in the way of attempting fireproof residences. The extensive use of iron is a feature in modern building. This material is largely used for columns, girders, &c.; and quite recently Mr. J. A. Picton made an able defence of it in a paper read before the Architectural Society. He defended its use alike on the grounds of art and utility, and ably met many of Mr. Ruskin's objections to its employment.

It would appear to casual observers that houses in which iron is largely used would be impervious to fire. But recent experience shows that instead of diminishing, iron rather increases the danger in case of fire. Yielding to the intense heat, the columns, girders, or supports give way, and the superincumbent masses of brickwork or masonry follow. This was the case the other week at Somers Town, and at the inquest upon the body of the unfortunate fireman who there lost his life, the weight of professional evidence was certainly against the use of iron.

What is wanted is clearly some material for use as supports, impervious to heat and that will not give way. Much can be said for the monolithic concrete system; and we think much may also be said for the hard Staffordshire brick, when made on the principle recently patented by Mr. Hart, to which we directed attention a fortnight ago. These bricks—called the Patent Bond Bricks—are made so as to lock or dovetail into each other by means of joggles and groves; and the other day we saw, on a piece of land adjoining the Westminster Palace Hotel, some specimen structures erected, which give a good idea of what may be done with them. A number of the bricks cemented together form a very solid lintel for a window or doorway, and it occurs to us that this might be extended and the bricks so laid and bonded together as to form a girder —while for columns and piers they could not be rivalled, and the result would be work having all the advantages of iron and at the same time absolutely fireproof.

One of the most important points to be secured in a fireproof house is the floor, as with this a success a fire could always be localised. Some interesting correspondence has recently appeared in the *Building News*, in which the advantages of fireproof brick floors over concrete have been ably presented by Mr. Hyatt, who has experimented successfully in the United States. Mr. Hyatt contends that these floors are fireproof, and much better than concrete. Regarding their strength he gives the following information:—

"Seven small floor sections, each 5 ft. 11 in. by 2 ft. 2 in., were made of bricks laid on their edges, the thickness of flooring being consequently 4 in., except an increase of 1 in. at the centre, made by a layer of the cement in the case of four out of the seven samples. The clear span of these sections was 5 ft. 2 in. in each case. The gridiron of tie-metals was composed of ten 'knowing blades,' each 2 in. by ⅛ in., very tiny fellows, but very 'magical.' One of the sections, 4 in. thick, bricks joined by Portland cement, at 2 tons deflected ¼ in., at 4 tons ½ in., at 7 tons 7-16 in., and gave way. The other two sections of 4 in. thickness, bricks cemented with *plaster of Paris* gave results as follows: One of the two at 3 tons deflected ¼ in., at 5 tons ½ in., at 8 tons 9-16 in., and gave way. The other at 1 ton deflected 1-16 in., at 5 tons deflected ½ in., and gave way. Two sections, bricks cemented with *plaster of Paris* 5 in. thick at centre, 4½ in. at the ends, each with 1 ton deflected ⅛ in., 3 tons ¼ in., 5 tons 5-16 in., 6 tons 7-16 in., and one gave way; the other at 8 tons deflected ⅜ in., and gave way. The remaining sections, two in number, bricks united with *Portland cement*, each one 5 in. at centre, 4½ in. at ends, behaved as follows: one of the two at 2 tons deflected ⅛ in., 4 tons ¼ in., 6 tons ½ in., and showed signs of distress at joints on the underside; at 7 tons deflected ⅝ in., at 8 tons ¾ in., at 9 tons 1 in., and gave way. The other one, with 2 tons, deflected 1-16 in., 3 tons 3-32 in., 4 tons ⅛ in., 5 tons 3-16 in., 6 tons ¼ in., the weight being now removed, the floor returned to its original level; at 7 tons 5-16 in., 8 tons ⅜ in. (the section now showed signs of distress on the underside at the joints, but no indication of cracking at the top), at 9 tons deflected 7-16 in., at 10 tons ½ in., and gave way. In each of the seven sections a fair 6 in. of flooring remained uninjured on each side of the destroyed centre portion of the floor, the part actually broken down being a width of 14 in. only, out of the 26 in. composing the width of the section."

If the foregoing satisfactory results were obtained from the use of ordinary bricks, it is obvious that with the Staffordshire fireproof brick, made on Mr. Hart's principle, very much better results may be expected. Indeed, the brick seems to be specially fitted for this use; and we hope Mr. Hyatt will lose no time in making one more experiment with it, since we shall be surprised indeed if he does not produce a floor at once fireproof, and capable of carrying any reasonable weight that may be placed upon it. The whole subject of fireproof houses is so important, that whatever tends to contribute to its solution, deserves careful examination and investigation, and in this spirit we have suggested the use of the Patent Bond Brick in the construction of fireproof floors, columns, and girders.

CURRENT OPINIONS AND EVENTS.

CONTRARY to the general expectation, the Oxford election resulted in the defeat of the Home Secretary. At the general election, last month, Sir William V. Harcourt received 2,623 party votes (splits between himself and Mr. Chitty) and 128 splits between himself and Mr. Hall, making 2,771 votes, while Mr. Chitty received 29 splits between himself and the Conservative candidate. Sir William Harcourt was 112 and Mr. Chitty 10 votes ahead of Mr. Hall. The result of the contest on Saturday last was clearly determined by the action of part of the 157 electors who split their votes between Mr. Hall and the Liberal candidates at the general election. The Home Secretary polled 2,681, or 90 less than in April, while Mr. Hall polled 2,735, or 76 more than on the previous occasion.

Various reasons are assigned for the change. Mr. Hall has considerable local influence, and by many he is regarded as a public benefactor. His grounds are always opened to the annual *fêtes* of friendly societies and other philanthropic institutions. Liquor, too, was an undoubted element in the contest. The licensed victuallers' societies threw the whole of their influence into the Conservative scale; and the "trade" vote was, consequently, a solid one. The case is well put by the *Echo*, as follows:—

"Had the Home Secretary retained his seat without a contest, it would have been owing to the forbearance of the Oxford liquor trade. There is cause for satisfaction that the Home Secretary is not placed in this invidious position; for it must not be forgotten that it is Mr. Hall's local connection as a brewer and owner of public-houses in Oxford which is the key of the Conservative position. . . . . The Conservatives will see in Mr. Hall's success the importance of putting the drink interest to the front; their opponents will see in the Home Secretary's defeat how deadly is the hostility of the public-house to Liberalism."

Speaking from the window of his hotel after the declaration of the poll, the right hon. gentlemen said:—

"My dear good friends of Oxford, for I call you so still, we have been defeated, but we have fought a good fight, and in a good cause. We have done our best, and that is all men can do. (Cheers.) In the hour of defeat the true test of a man is to bear it manfully, as I hope you and I shall do. In the hour of defeat the worst thing in the world is to indulge in the language of rancour and recrimination. I have received too much kindness in Oxford for many years past to desire to leave behind me or to carry with me any sense of bitterness. (Cheers.) I hope, gentlemen, you will go home in peace, as I shall go home in peace. I hope that after this severe and fatiguing contest you will sleep as I shall sleep to-night. (Cheers.) My last words to you last night, gentlemen, were good night, and God bless you; and I finish with the same words this evening—good night, and God bless you. (Loud cheers.)"

Last week we incidentally referred to the white slaves in many City wholesale drapery establishments. The *Lancet* of Saturday last directed attention to the cruelty practised upon women in the retail establishments. There is evident need still for the "Seats for Shopwomen Association." The *Lancet* said:—

"We have a serious duty to perform; and we cannot shrink from it. The public are probably not aware of the cruelty which is being inflicted on a large class of the community by the practice of keeping shopwomen standing during the hours of business. In some of the large establishments daily patronised by ladies of fashion, the permanent injury done to the young persons engaged is of alarming proportions, and it is time to protest. Young women come up from the country in full health, and are rapidly reduced to a condition which practically condemns them to life-long suffering. So fatuous is the discipline in many of the large houses that if a girl is seen to lean for a few moments for relief in her weariness she is reprimanded, and, if the offence (!) be repeated, dismissed. This cruelty—we can use no milder term—is one which society, or, if need be, the law must put down. We have not adverted to this painful subject until compelled to do so by the most conclusive evidence that the practice of keeping girls standing during business hours is a large factor in the causation of the most distressing diseases."

Coffee-taverns continue to multiply. Last Saturday a new one was opened at the junction of the Kennington and Lambeth Roads, named "The Old Surrey Lodge Tavern," by Mr. H. R. Brand, M.P., chairman of the South London Dwellings Company. In a brief address the chairman spoke of the terrible evils of intemperance, and expressed his opinion that they can only be counteracted by the provision of pleasant and comfortable places where the needs of the working classes can be supplied without their being exposed to the temptation of excessive drinking. The tavern forms part of the scheme of the Dwellings Company, which may be congratulated for providing a house of harmless refreshment for the use of its tenants. Other similar companies may with advantage "go and do likewise."

Dr. Richardson has drawn attention to the advantages secured by the vegetarian system in reducing the risk of disease We have no desire to interpose between our correspondents now engaged in the discussion of the question, but the following paragraph upon "Trichinosis and Sausages," from the *British Medical Journal*, deserves attention:—

"In his last annual report on the health of the Dunmow Rural Sanitary District during 1879, Dr. Armistead gives the following interesting particulars with regard to an outbreak of trichinosis at Thaxted, in Essex, in June of last year. He states that on June 18th he examined fifty-two persons who had eaten some sausages purchased at 8d. per pound from a man

who had a stall in the street at Thaxted on June 14th. Of these persons, 44 showed symptoms of irritant poisoning, three others were slightly ill, and only five escaped without any ill effects. The cases were suspected, from the symptoms, to be due to the presence of trichinæ, and a microscopic examination of the sausages proved this to be correct. The symptoms varied a little, but there were generally diarrhœa, which in some cases was very severe, vomiting, thickly-coated tongue, pain in the stomach and back, and in the muscles, sometimes extending to the ends of the fingers, pain in the head, and, in some cases, double vision and swelling of the eyes. Here followed more or less fever, with perspirations, thirst, and loss of appetite. In four of the cases, vomiting and diarrhœa, with pain, began within twelve hours after eating the sausages. In one case sixteen hours elapsed. In twenty cases the symptoms were very violent at about the twenty-fourth hour. In four cases there were no symptoms for thirty-six hours, and in nine cases for sixty hours. In one case three days elapsed; in five cases six days; and in three cases the symptoms were so slight that no notice was taken of the commencement. The variation may be accounted for in several ways. Age seems to have had some effect, for children were much less severely attacked than adults, which is contrary to what might have been expected. Some of the pork used in making the sausages was salted, and probably foreign; and it was only in certain portions that trichinæ were found. The number of trichinæ consumed would therefore vary, and this might, to some extent, account for the variation in the severity of the symptoms."

The importance of bathing cannot be over-estimated, whether as a remedial or sanitary operation. But in administering a hot bath, especially to children, great care should be taken as to the temperature. A very painful case of scalding to death has just occurred at Clifton, where, according to reports, Mr. H. S. Wasbrough, the Bristol coroner, held an inquest on the body of Herbert Dudley Laudale, aged six years, the son of Mr. Alexander Laudale, of Calcutta. On Sunday last Herbert Laudale appeared to have a cold, and Miss Laudale, his aunt with whom he was living, ordered a hot bath to be prepared, and in the presence of the nurse, after testing the water with her hand, placed the child in the bath. He struggled and screamed, but as she had no idea that he meant the water was too hot, she kept him in it six or seven minutes. He was of a highly sensitive temperament, and was accustomed to get excited and cry out at anything strange, so that his screaming and struggling when kept in the water did not excite any alarm till he had been in the bath some minutes, when the nurse, thinking his eyes looked strange, and that he was going to have a fit, drew Miss Laudale's attention to their appearance, and the boy was taken out and placed in bed, and a doctor was sent for. The nurse stated that when she lifted the boy out of the bath she felt that the water was too hot. Dr. Shingleton Smith stated that he found the boy in a state of delirious excitement, and unconscious. The lower part of the body and legs were very badly scalded. He died on Tuesday afternoon. Dr. Smith attributed death to the shock to the nervous system caused by the extensive scalds. He added that the hand was a very unreliable instrument to test hot water. Nurses often used the elbow, and this was much better when a thermometer could not be obtained. It was stated that Miss Laudale treated the children very kindly. The jury returned a verdict of "Death by misadventure."

At Bristol the outbreak of typhoid fever led the medical officer of health to investigate the source of milk supply, which, with one exception, was found to be satisfactory. In this case the water used at the dairy and which the cows also drank came from a mill-stream which the medical officer traced for about two miles. He found several closets draining into it, and at one place discovered part of the entrails of a bullock, and a little higher up the hind-quarters of a calf which had died of the "quarter-evil," a most contagious disease, believed to be identical with splenic fever in older cattle and carbuncle in man. The remains of the animal were macerating in the stream, and distributing the basteria (the germs of the disease) throughout the whole of its lower length. The person who threw the quarters of the calf into the stream is without doubt responsible for the outbreak of typhoid in Bristol.

The appointment of Mr. Fawcett as Postmaster-General has given great satisfaction throughout the country. "Father Jean" (Mr. James Beal), in a timely letter addressed to the *Echo*, suggests several important postal reforms, which he summarises as follows :—

"1. Increase of pay to its staff.
"2. More post-offices.
"3. Increase of deliveries and day mails.
"4. Improved mail service.
"5. Reduced fees for registration and late postage.
"6. A halfpenny rate for all local postage—that is, for all letters posted and delivered in the same town."

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

To the Editor of "HOUSE AND HOME."

SIR,

I am infinitely amused with the last letter of "E. B." I do not know who "E. B." may be, but I would beg to submit to her, with all humility, I suppose I must say, that the *ipse dixit* or the *ipsa dixit* style does not settle controversies, and that if ever it was supposed to do so, we have at any rate now grown out of that state of things. For myself I scarcely (if ever) read less conclusive statements than those with which she has favoured you, and yet she says "*I* gave a *sufficient* answer to those who condemn *in toto* the use of animal food:" Well, as to the sufficiency, if I were "E. B." I would leave others to settle that point. Next we have from "E. B." a Bible lesson pretty much in the same style. No, no, Mr. Editor, "E. B." has a right to hold her own opinions until she is convinced that they are unsound, but let her not write in this absurdly dogmatic style. Does she suppose that no one has studied these questions except herself?

CHARLES H. COLLYNS.

Wirksworth.

To the Editor of "HOUSE AND HOME."

SIR,

With all due deference to the last letter of our lady friend, I beg to make a few remarks, for I feel that she is still in a dilemma. She thinks that what is one man's food is another man's poison. I question the truth of this assertion. Every object in nature has received a definite constitution. Man, like other animals, has digestive organs for his nutrition; and certain foods are most suitable for assimilation in his system. Certainly, man has a great power of adaptability; truly, no creature

presents such anomalous appearances as he. He is a creature of habit. When any organ or instinct has been forced for some time to act in an abnormal manner, it forms a habit which cannot immediately be overcome; and though one with a powerful circulation may resist what one with a weak circulation would sink under, still, what is poison for one man is poison for the other. Cereals, fruit, and the like are not very likely to poison any one; and I believe that people of any clime might live very well on a diet of this sort, though, no doubt, sometimes these are not always obtainable. But let us look at home, where we can inquire into the causes that operate in us and around us, and into the results that naturally follow, and then let us modify our conduct according to the discoveries that we may make. If first-hand food is preferable to second-hand, so also is first-hand observation preferable to second-hand; for assertions are often made by men who may have travelled rapidly through a country, and who after pretend to give us a correct account of the habits of the people; but how often they judge of the millions of people by the few that they may have been thrown amongst in their lodgings or in public conveyances; no wonder, then, that hardly two agree in their information. We may find sufficient evidence in our own island to show that people can live and thrive without flesh, or alcohol, or tobacco. Yes, and why not? Meat! Is there such benefit in beef? Is there medicine in mutton? Is there virtue in pork? No! Beef and mutton can only contain such elements as the ox and the sheep obtained from the vegetable kingdom, but in a form less suited to man's constitution. Pork very often contains poison, and it is not to be wondered at when we think of all the nasty things a pig will eat.

Our lady friend tells us of one who was always upset by eating rice, and of another who was upset by good living. There may be many causes for a certain grain or fruit not agreeing with a person's stomach, and unless the habits of that person be known it is impossible to determine the cause. For the one who so freely made blood, which caused illness by its excess, the cure is very simple; for had she eaten no more than what was sufficient to supply the waste of the system, she would never have required bleeding. But many are unable to resist the luxuries of the table, though they know the evil consequences; yes, and even when illness comes, and the physician is sent for, he encourages generally this stuffing and this stimulation; it is ever "eat, eat, eat," "drink, drink, drink;" need we be surprised when we see the undertaker follow?

In some cases of weakness the lady thinks alcohol necessary. But how can anything nourish if it contain no nourishment? Strength cannot be given or an evil removed by poison; and those who seek for health in poisons are seeking the living among the dead. Poison may relieve pain, but we must not hastily say that it has removed the evil; for to deaden pain is not to remove the cause of it.

Bathing and exercise in a pure atmosphere are natural stimulants. Fresh air will vivify the blood and strengthen all the organs; especially when inhaled freely through exercise, which should be taken in proportion to the strength of the individual. Stimulation produced by alcohol and the like, poisons the blood and ultimately weakens the system; and while this kind of stimulation is practised the system will never act normally.

I venture to hope that in time we shall see the error in supposing that alcohol gives any strength, and that we shall cease to waste our wealth on it, and I hope further that we shall one day confess that there is nothing glorious in slaughtering for food a lot of oxen, sheep or lambs, and that we shall cease to find pleasure in shooting *for sport* inoffensive hares partridges, and pheasants. And, moreover, I trust that our now present Government *have* a policy to substitute *better* than the last, and that we shall not have *them* boasting of the *immortal glory* of shooting to death or ruining for life thousands of men, women, and children.

I am, Sir,
Yours faithfully,
R. SHIPMAN.

P.S.—I trust that I am not intruding on your space.
Barnes, May 1st.

To the Editor of "HOUSE AND HOME."

SIR,

The letter of your correspondent "E. B.," in issue No. 67, containing as it does ample matter for discussion, opens up the old objection against any new mode of living, summed up by "What is one man's food is another man's poison." Now, it would appear that if vegetarianism is worth all the trouble taken to advance it, the same must be a system applicable in theory and practice to the entire human race, whose stomachs and digestive organs are certainly all formed alike. Either we bipeds are best adapted physiologically to an economical frugivorous diet, approaching that of our near relations the ape family; a carnivorous one, as relished by the bloodthirsty tiger; or an omnivorous diet, so dear to the grovelling pig. Let us at all events live as near as we can to that standard which has been proved by most learned and great men to be the correct and ideal one. In these days, when imports of the most varied produce reach our shores from all parts of the globe, there is really no excuse for shirking the ideal diet, as in the time of Henry VIII., when vegetables in England were almost unprocurable, and leprosy and other diseases in consequence prevailed. If rice does not agree—and "E. B." gives such an instance—there are numberless other products to choose from. I have known a vegetarian to dislike lentils, but since the pea tribe to which lentils belong contains other almost equally nitrogenous substances, there was no difficulty. Of course there are difficulties with beginners. Dietetics require a little looking into, not only as to the composition of foods, but also as to their preparation, more or less *recherché*. Many take to vegetarianism after having tried every other means to benefit their health. Their digestive organs and nerves are weakened. They rush into vegetarianism, eat perhaps abundantly of ill-prepared and ill-selected food, and find this, that, and the other don't agree—causes flatulence, &c. What says Dr. Nicholls to such persons in his "Diet Cure"?: "And dyspepsia, the prolific source of so many diseases, what can ever cure that except the diet cure? Every diseased organ must have rest as the first condition of cure. The diseased stomach will get well if we only give it rest, and the simple way of giving rest to the stomach is to eat less food and at longer intervals. The rule of diet in health is to keep well inside the digestive power; the rule in disease is more stringent. Two meals a day are better than three; and in some cases, perhaps in many cases, one meal in the twenty-four hours is best, giving a longer period for recuperation. The quantity of food taken must be so much less than might be disposed of, as to leave a surplus of force to repair damages. Six ounces, dry weight (that is weighed, reckoning out the water of which fruit is perhaps seven-eighths composed) of bread and fruit, is probably too much in cases of serious disease. Four ounces of dry toasted brown bread, or its equivalent in other aliment, as wheat, meal, porridge, &c., and fruit, would bring about a more rapid cure." A sedentary person would only require to eat such highly nitrogenous food as lentils, peas, beans, &c., in moderation, mixing it with more bulky articles, as potatoes, and vegetables in season, and preferring bland foods, as macaroni, porridge, hominy, rice, tapioca puddings, stewed or natural fruits, or subsisting simply on whole meal bread and fruit day after day, as many do. The outdoor worker can consume more of this nitrogenous food profitably, and with good wholemeal bread would not require the aid of stimulants.

We see that a frugivorous and farinaceous diet without meat is suitable for all persons and climates by actual evidence, since whole nations, comprising all manner of individuals, subsist healthfully on the same. If some of these nations do not in a general way advance to greater prosperity, the causes are not far to seek elsewhere. In regard to this branch of the subject, the following summary from the authority before quoted cannot be improved upon: "I have no doubt about the natural food of man; fruit, seeds, and nuts, which are but larger seeds, contain all that man requires. Millions of men live almost entirely on rice; millions live on oatmeal, or barley, or rye; millions on maize or wheat; millions on dates or bananas; or breadfruit, grapes, figs, apples, contain abundant, healthful, delicious nutriment. The hardy Spanish peasant is strong and happy on bread, onions, olives, and grapes. The Italian fares sumptuously on macaroni, polenta (maize pudding), olives, and other fruits. The chief food of multitudes of people in France is chesnuts. The strong Turkish soldier is happy on bread, figs, or grapes. From the Straits of Gibraltar, along both coasts of the Mediterranean, and so on to India, the body of the people, physically some of the finest that live upon the earth, eat little or no flesh. The consumption of flesh for food in Spain is said to average but two pounds a head per annum; deduct the consumption of the upper classes, who can afford luxuries, and you see how very small must be that of the great mass of the people, who,

so far from being starved, are among the best conditioned in Europe. Poverty, as we see it in England, is scarcely known! (Hear this, ye opponents of simple living!)

We know that for centuries millions of the finest races in India have entirely abstained from flesh for food. But we need not leave our own islands for proof that men can be healthy, strong, and well developed in body and mind without eating flesh. Millions of Scotchmen have grown strong and intellectual on oatmeal. One may doubt if the world can show a finer body of men and women than could be selected from the west of Ireland, where they were brought up on potatoes and buttermilk, with a short supply of either bread or oatmeal.

Faithfully yours,

C. DELOLME.

P.S.—I cannot see that there is any compulsion attempted in this matter of diet, nor am I aware of any movement in progress for closing butchers' shops; although the sausage manufacture requires sharp looking after. The interference is more on the part of the flesh-eaters, who will persist in urging us poor listless vegetarians to have just that little piece of meat with which they, the flesh-eaters, flavour their otherwise vegetable repasts. It is certainly strange in these days that most of the opposition to any reform in diet, with honourable exceptions, seems to arise on the part of the fair sex, as if flesh-eating were to them positively a matter of conscientious and dogmatic obligation, about which they will not reason on hygienic and economical grounds. Certain it is also that Food Reform meetings are mostly entirely composed of men, some of whom have occasionally detailed the opposition to any change on the part of the companion of their joys and sorrows. Happily, the steady increase of the well-patronised vegetarian restaurants afford such martyrs an opportunity of qualifying their own inclination. One word more: cannot E. B. and others discover that if flesh-eating is to be defended on Biblical grounds, so, by parity of reasoning, are also to be defended slavery, polygamy, wars of the most dreadful kind, &c.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.

Tennyson.

"HE who ascends to mountain tops shall find
Their loftiest peaks most wrapt in clouds and snow;
He who surpasses or subdues mankind
Must look down on the hate of those below.
Though far above the sun of glory glow,
And far beneath the earth and ocean spread,
Round him are icy rocks, and loudly blow
Contending tempests on his naked head."

Byron.

The prejudice of education, the pride of place, the ignorance which might have overcome, or the glory of this world's dominion, will yield us no apology for error before the throne of God.—*Bishop Hopkins.*

Without strong affection, and humanity of heart, and gratitude to that Being whose code is Mercy, and whose great attribute is benevolence to all things that breathe, true happiness can never be attained.—*Dickens.*

Although men are accused for not knowing their own weakness, yet perhaps as few know their own strength. It is in men as in soils, where sometimes there is a vein of gold which the owner knows not of.—*Swift.*

Moderation is commonly firm, and firmness is commonly successful.

Johnson.

Every personal consideration that we allow costs us heavenly state. We sell the throne's angels for a short and turbulent pleasure.

R. W. Emerson.

THE HOUSEWIFE'S CORNER.

BLACKING STOVES.

The fine polish given stoves by those skilled in the art is produced as follows: Have a thin mixture of black varnish and turpentine; apply this with a paint or varnish brush to a portion of the stove; then with a cloth dust this over with pulverised British lustre or stove polish; then rub with a dry brush. The stove must be perfectly cold. The stove dealers buy the pulverised stove polish, which is carburet of iron, in twenty-five-pound packages. The process conducted in this manner is quite brief, but gives beautiful results.

MAN.

THROUGH all disguise, form, place, or name,
Beneath the flaunting robe of sin,
Through poverty and squalid shame,
Thou lookest on the man within—
On man as man, retaining yet,
Howe'er debased, and soiled, and dim,
The crown upon his forehead set—
The immortal gift of God to him.

Whittier.

HOW TO OBTAIN OUR SECOND VOLUME FREE OF COST.

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"The second volume of *House and Home* is even an improvement upon the first. Mr. Pearce deserves great credit for the spirit with which this weekly is conducted, and for its high moral tone. As a cheap weekly paper, exclusively devoted to household matters, it stands unrivalled."

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PORTRAITS.

THE following Portraits are in preparation:—

RIGHT HON. SIR STAFFORD NORTHCOTE.
THE EARL OF DERBY.
W. H. SMITH, ESQ., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, ESQ., C.B.
&c., &c., &c.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get "the trade" to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway bookstalls.

THE BUILDING EXHIBITION.—Our article upon the Building Exhibition is unavoidably crowded out of the present issue.

HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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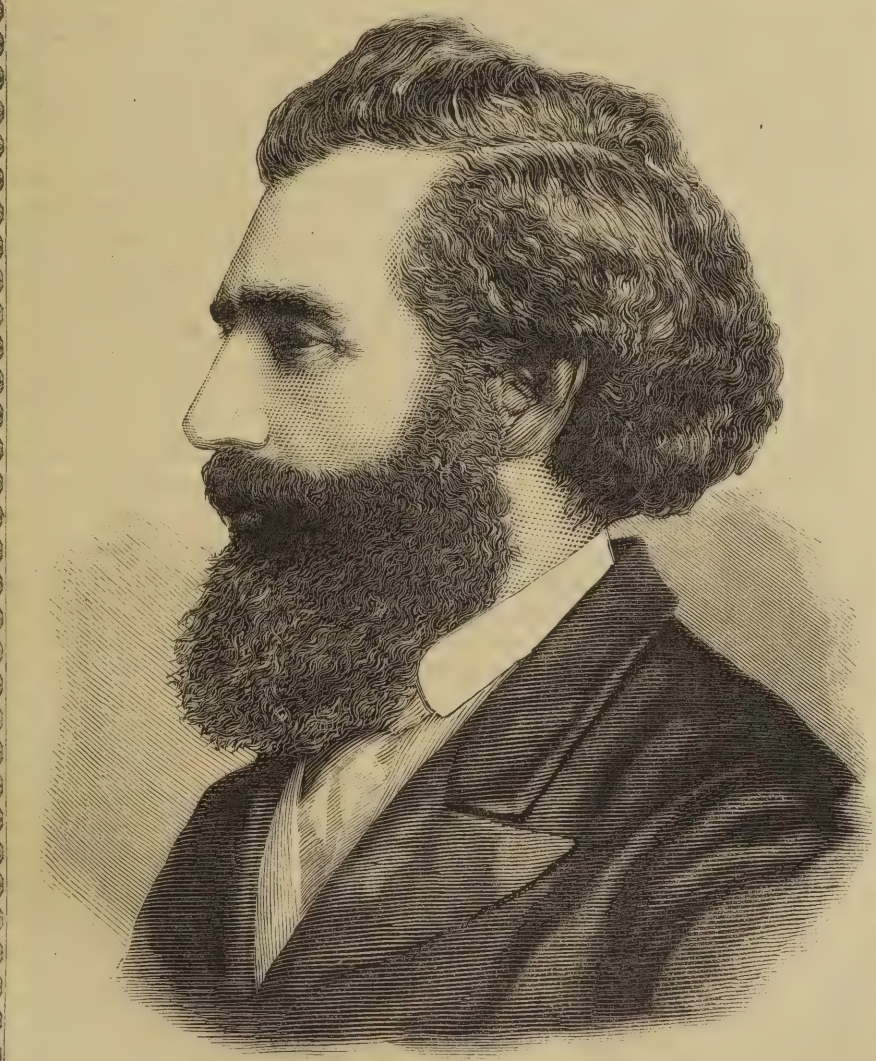

MR. J. PASSMORE EDWARDS, M.P.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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MR. J. PASSMORE EDWARDS, M.P.

THE new Parliament contains not a few successful journalists and newspaper proprietors. Mr. Passmore Edwards may claim to be ranked in both categories. There are many men who have been the architects of their own fortunes, but the recently elected member for Salisbury, while eminently successful as a man of business, has used his commercial success to do a large amount of useful work both as a social reformer and a politician. We give precedence to Mr. Edwards's work as a social reformer, because, although he was formerly a contributor to the *Morning Star* and other political journals, it is only during the last few years that he has been the proprietor of a political newspaper, while his connection with publications devoted to social, trade, and scientific matters extends over more than a quarter of a century.

Mr. Edwards was born in 1824, in the village of Blackwater, in the remote county of Cornwall, and from his very boyhood began to take a strong interest in public affairs. When he was but a lad of sixteen the Anti-Corn-Law League was exciting much public attention, and young Edwards wrote to Manchester for a parcel of Anti-Corn-Law tracts. A great bale of publications was forwarded to him, and the lad walked many miles, distributing them in the towns and villages of Cornwall. In one place—Penzance—he was severely reprimanded and threatened with imprisonment by the mayor, but he still continued his work of propagandism.

When quite a young man he removed to the Metropolis, devoting himself to literature, and to the publication of several periodicals, of which he was alike publisher, editor, and chief contributor. One of these, the *Public Good*, attained a considerable circulation. Its chief objects were the promotion of temperate and provident habits among the people, and the general improvement of their homes, while at the same time reforms of a more strictly political character were also ably advocated. Mr. Edwards soon became an active member of the Societies for the Abolition of the Taxes on Knowledge and of Capital Punishment, and other associations, bringing the assistance of his earnest and eloquent advocacy to many popular platforms. At the outbreak of the Crimean War Mr. Edwards was one of the small minority of far-sighted men who held that it would not be to the honour or advantage of England in the long run to support what they held to be a decaying and cruel despotism. The same policy which he has of late advocated during the recent Eastern crisis he consistently maintained five-and-twenty years ago, in the speeches which he delivered at the meetings of the "Stop-the-War" League. Mr. Edwards was first connected with the peace movement about the time when Richard Cobden gave it that practical character which it has since preserved. He became editor and proprietor of the *Peace Advocate*, and when the European Peace Congresses were projected at Brussels, Paris, and Frankfort, he was the youngest of the representatives who were chosen as delegates from the English Peace Society. For many years Mr. Edwards has been a member of the council of the latter body.

In 1862 Mr. Edwards became the proprietor of the *Building News*, an illustrated journal for the building trades, which he for a long time personally conducted, and which has done much useful work in promoting the improvement of working class dwellings. From the first he held that the family was the unit of civilisation, that the elevation of the people must begin with the home, that healthy sanitary arrangements were among the most essential of all rights, and that well-built and well-appointed habitations, where even good taste and refinement should not be wanting, ought not to remain the mere luxuries of the rich, but be placed within the reach of all. He has advocated these views by speech as well as pen, and on one occasion Sir Sydney Waterlow, the chairman of the Improved Dwellings Company, remarked that the speech delivered by Mr. Edwards was the most able and concise exposition of the needs of the people of London in this respect that he had ever heard. We reproduce this speech in another portion of our impression to-day. The same views were also put forward in *Public Health*, a periodical of which Mr. Edwards was for some years the proprietor, and in the *English Mechanic*, a useful and widely circulated journal of mechanical science, of which Mr. Edwards is still the owner.

The earnestness which Mr. Edwards evinced in contending years ago against the infliction of capital punishment has more than once been successfully brought into play when our judges have failed to take into account the extenuating circumstances which have been pleaded on behalf of capital offenders. The most remarkable instance of this was perhaps the case of the Stauntons and Alice Rhodes, but on other occasions also he has aided the cause of those who were too poor or too ignorant to find adequate advocates in other quarters. One incident is within our knowledge which is worthy of record. A labouring man, named Sibley, living in Lambeth, while suffering from the effects of drink, murdered his wife, attempted the lives of two of his children, and then committed suicide. Three of Sibley's six children were grown up, but on behalf of the younger three an appeal was made by a schoolmaster in one of the daily papers. Mr. Edwards sought out the family, brought one of the wounded children to his own home, and took charge of her. After remaining a considerable

time in his house, she was subsequently removed to a school at Clewer, Mr. Edwards paying the cost of her maintenance for many years. In the end two other kind-hearted persons came forward who, following his example, took charge of the two remaining children. Wealthy men have not unfrequently provided for destitute orphans by paying the cost of their support in asylums; but to take into one's own home the wounded child of a murderer, and carefully tend it till it has recovered, is an action at which fastidious people might sneer, but which the poor can understand and honour.

In the year 1876 Mr. Edwards became proprietor of the *Echo*, a London evening paper, which had been started some years previously by Messrs. Cassell, Petter, and Galpin. It had passed into the hands of Mr. Albert Grant, and at the time of its transfer to its present proprietor it had become almost a neutral journal. Under Mr. Edwards's management it rapidly acquired a reputation as one of the most consistent exponents of Liberal principles in the Metropolitan Press, and many Liberal statesmen, including Mr. Gladstone, have borne testimony to the loyalty and efficiency of its service to the cause of the party now in office.

A day or two before the dissolution of Parliament Mr. Passmore Edwards was selected by the Liberals of Salisbury to contest that city in conjunction with Dr. Lush, the late Liberal member. At the last moment Dr. Lush was compelled to retire from ill-health, though Mr. Edwards offered to conduct the contest for both, freeing Dr. Lush from the work of canvassing and addressing public meetings. Mr. W. H. Grenfell was then selected as Mr. Edwards's colleague, and the result of the contest was a Liberal victory, the two successful candidates polling respectively 120 and 103 votes above their highest opponent, a large majority for a borough where parties are usually very evenly balanced.

The Artisans', Labourers', and General Dwellings Company, Limited, and Mr. Samuel Morley, M.P.—Since the change of management in connection with the Artisans' Company, Mr. Samuel Morley, M.P., has been nominally one of its directors. We understand, however, that he has now retired from the board. We are not surprised at this, because Mr. Morley, by his business experience, must be aware that in he Company's present condition an active and practical board is needed. The advantages of his great influence, if he cannot give the requisite time, would be more than compensated for by the practical work and personal oversight of a painstaking business man; and we shall be glad to learn that his successor has been selected for these qualifications, rather than for his aristocratic surroundings and social position. But in view of the present composition of the Board, we shall be very much surprised if this is found to be the case.

An article on "Queen Victoria and Art," illustrated, by Her Majesty's express permission, with copies of sketches by the Queen and the late Prince Consort, will appear in the June number of the *Magazine of Art*. This, we understand, will form the first of a series of articles to appear in this magazine illustrating the interest taken in art by various members of the Royal Family. The publishers, Messrs. Cassell, Petter, Galpin, and Co., may be congratulated upon the success already attained by this popular serial.

THE BUILDING EXHIBITION, FROM A POPULAR STANDPOINT.

II.—Joinery, English and Foreign.

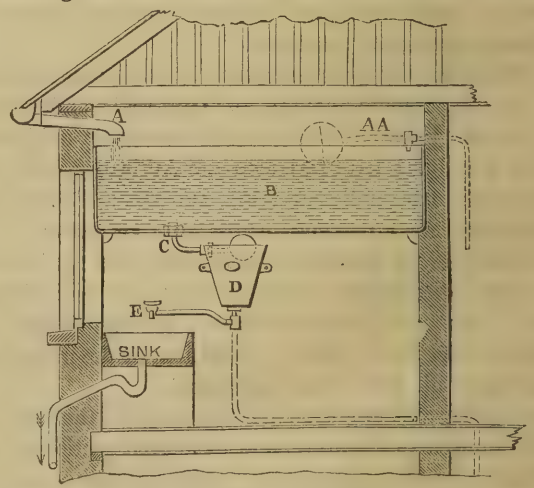
In this department but a small show was made, the exhibitors being very few, and the exhibits, as a rule, were confined to ordinary work.

Messrs. Esdaile and Co., of Vauxhall Cross, exhibited Swedish and American outside and inside doors, sashes, skirtings, mouldings, and trellis-work. *Messrs. Howard and Sons*, 25, Berners Street, London, exhibited their celebrated "Wood Tapestry," which is capable of being applied to various uses, as it can be affixed to any evenly plastered surface. *Messrs. Schofield and Sons*, Stewart's Lane, Wandsworth, exhibited American doors, mouldings, &c. *Messrs. Oscar Ekland and Co.*, 150, Leadenhall Street, showed the Plasterer's Patent Machine-made Laths, manufactured at Gottenburg, Sweden, which are said to effect a saving of half the plaster and labour usually required when ordinary laths are used. *Messrs. Clark, Holland, McConnell, and Co.*, of 43 and 44, Holborn Viaduct, made the best display of American joinery in pine and black walnut—some doors and newels in the latter wood being of excellent workmanship and finish.

III.—Sanitary Appliances and Plumbing.

This section of the Exhibition was well represented, and indicated the growing interest taken in sanitary appliances.

Mr. P. A. Maignen, of 22 and 23, Great Tower Street, exhibited *the* filter, in his patent "Filtre-Rapide." Whether for effectiveness or rapidity this filter takes the palm over all others in the market. Its principle being novel, it attracted a great deal of attention. Its action will be readily understood from the following cut:—



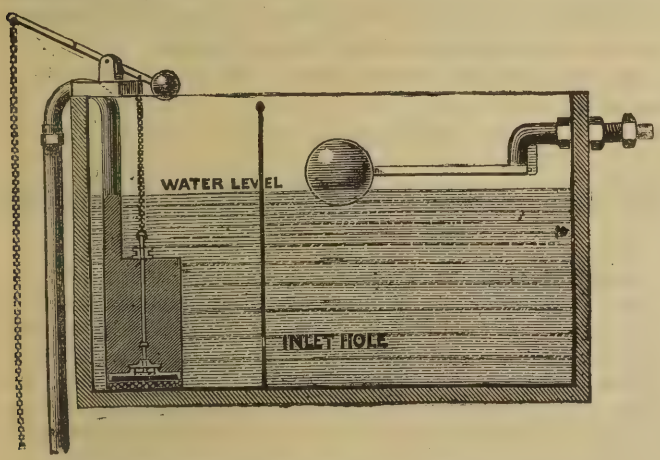
A.—Rain-water from the roof.
AA.—Water-pipe from the main.
B.—Cistern.
C.—Supply to filter.
D.—Filtre-rapide.
E.—Draw-off tap.
EE.—Service-pipe to lower floors.

The filter is oblong in form, and tapers towards the bottom. It consists of one or more filtering frames, covered on the outside with strong felt strainers, and fixed perpendicularly in the filter-case. On the outside of the felt a beautifully even coating of powdered vegetable charcoal, which intercepts all impurities, is firmly deposited by the current of the water as it

passes horizontally through the felt at the time of setting the filter. Granulated animal charcoal, carferal, wood charcoal, or any other powerful filtering medium, occupies the space on each side and above the filtering frames for the purpose of securing the greater purification. A large area of filtering surface is presented to the liquid, and rapidity in the process of purification is ensured. An air-pipe fixed in the top of the filtering frames gives oxygen to the water as it percolates in minute drops into the interior, and thus aërates the water in a very high degree, giving it a smack that filtered water does not generally possess.

The ease with which the filter can be cleaned and supplied with fresh charcoal is a strong recommendation to its use.

Messrs. Braithwaite and Co., of Swinegate, Leeds, exhibited their patent syphon for preventing waste of water in closets, while securing at the same time an adequate flush. It may be applied to any kind of cistern.



The above drawing represents the syphon as applied to a wood cistern lined with lead and divided into two compartments, but connected by a small hole in the partition—one compartment being for the ball-tap to work in, and the other to regulate the supply.

The service-pipe to the closet is brought over the side of the cistern into the latter compartment, and the end of it is connected with a cylinder in which works a piston, that being raised forces the water into the pipe over the side of the cistern, thus setting the syphon in motion, when a loose plate in the bottom of the piston rises and allows the water to flow until the compartment is emptied.

(To be continued.)

HOME RELATIONSHIPS.

By Rev. Peter Dean, Walsall.

No. IV.—Children and Parents. (*Continued.*)

The first duties which children owe to parents are respect and obedience. A child ought to respect his father and mother first of all because they are his father and mother—because they are the human beings of whom he was born into the world. Instinctively we feel that this ought to be so, for does not the child of even a dishonest father or a drunken mother feel, "After all, I must respect him or her—after all, he is my father, or she is my mother."

Then, the child ought to respect his parents because they are his superiors; they 'are his superiors in age, experience, wisdom, and other qualities which ever ought to call forth respect towards those possessing them. Again, children owe respect to their parents because they are their dependents and debtors. For many years at first children are altogether dependent upon them, and all through life have to remain deeply indebted to them, and it needs little in the shape of reasoning to show that this ought to call forth filial respect. Let me add, however, that a child's respect for his parents ought not to be a stiff, formal, distant kind of respect—a respect such as men feel for those who are very great or very learned. On the contrary, it ought to be a respect which is warm, familiar, affectionate—a respect born of that "perfect love which casts out fear," and which ought to do its work in the nature of the child with the least possible obtrusion of its existence. Children ought to love their parents ardently, but to mingle a sense of their parents' superiority with their love; to feel a confidence in their parents' kindness, but not to allow this kindness to make them rude and presumptuous; to talk to them with openness and freedom, but never contradict with violence, never answer with passion or contempt. As Confucius has remarked, "In serving his parents a son may remonstrate with them, but gently; when he sees that they do not incline to follow his advice, he shows an increased degree of reverence, but does not abandon his purpose." For myself, I should like to see more of the nice perception and reverence which the ancient Greeks manifested when they showed respect to parents for the good deeds of their sons. For amongst them, when a man accomplished anything good or great, they were wont to say, "Praise his father, praise his mother for it;" and when the two sons of Diagoras proved the conquerors in the Olympic Games, the people covered their father with flowers, proclaiming him "happy in having such worthy sons."

Next to respect for parents comes obedience to them. As St. Paul puts it, "Children ought to obey their parents in the Lord, for this is right." It is their duty to do what parents command, and to do it cheerfully. Each child's own heart must tell him that this is a most natural and proper expression of honour and love. His parents must know better than he what is best to be done, and (except in the altogether exceptional circumstance of his parents' commanding a sin or a crime) he ought to be willing to conform to their behests. Children and young persons necessarily know but little of the world in which they live. They hastily catch at everything which promises them pleasure. The present, not the future, is what they almost altogether think of, and unless the authority of a parent restrains them, they are likely to soon rush into ruin without a thought or a fear. Thus, in pursuing their own inclinations, their health would be ruined, their minds would run to waste, they would grow up slothful, a trouble to others and a burden to themselves. Accordingly, if children would be happy themselves, would make their parents happy, and desire to have happy homes, they must above all be obedient to their parents. A disobedient child almost always grows up ill-natured and disobliging to all with whom he is connected. No one but a doating father or mother can love him, and he

has no heart to love any but himself. A Chinese proverb has it that "every rogue began by being a bad son," and there is much truth in the reflection. If a child is to be amiable in manner and temper, useful and beloved, a good man in after-life, it is of the highest importance that he should begin life by being obedient to his parents.

Another duty which children owe to their parents is gratitude. Were it not that children appear so apt to forget this, it would almost seem a waste of words to assert it. As it is, however, children need to be reminded of their incalculable obligations to their parents; and a reminder is all that can be given, for such a thing as a description or statement of those obligations is out of possibility, so great are they. At first the child has to depend wholly upon its parents' kindness; it has no strength wherewith to make a single effort for itself, it can neither speak nor walk, and knows not the use of any of its incipient powers. All through this time it has to depend for everything upon its parents. It is then chiefly a burden and a care, having nothing or little wherewith to repay its parents' affection and sacrifices. But they do not forsake it. They pass sleepless nights disturbed by its cries, they hang tenderly over it when it is sick, they are delighted in seeing it grow up in health and strength. To his parents the child owes every comfort—the shelter which protects him, the clothing which covers him, the food which nourishes him. While he is seeking amusement, or gaining knowledge at school, his parents are toiling that he may be happy, that his wants may be supplied, that his mind may be improved, that he may grow up and be useful in the world. When children consider how often they forfeit all this kindness, and yet how ready their parents are to forgive them and continue their favours, they must see abundant reason for feeling and showing the tenderest gratitude. Indeed, it is difficult to conceive of a worse being than one who refuses to acknowledge indebtedness to his parents—

> "Sharper than a serpent's tooth it is
> To have a thankless child."

And when, as a young man, engaged as a reporter on the newspaper Press, I used to attend police Courts, my greatest contempt and indignation was not for the thief, the drunkard, the brutal even, but for those sons and daughters who were summoned there, and had to be forced to pay a paltry threepence or sixpence a week towards the support of an aged and helpless parent. Those were always the greatest criminals in my eyes—the greatest brutes, for even rats have been known to carry their aged progenitors out of burning ships, rather than selfishly escape by themselves.

The gratitude of children to parents, then, should not be merely felt or spoken gratitude, but also practical, acted gratitude. I know not how it may be with others, but with myself the longer I live the more I regret than when I was young I did not do more to strive to help my parents. If, when their children are little, parents never think, "Cannot we make a better use of our time, effort, and property, than bestowing them upon our offspring?" ought upgrown sons and daughters whose parents are living, and need help, to do so? Surely there is nothing more beautiful and seemly than for men and women who are brothers and sisters of the same family rivalling each other as to which can do most for the promotion of the well-being and comfort of their aged and infirm father or mother. When Dr. Channing was ordained, his widowed mother said to him, "Now you have become a minister, I suppose, William, I have done with you." "No, mother," he replied, "my duties as a Christian minister shall not prevent me from performing those of your son," and although already engaged to his cousin, he remained unmarried for ten years after that, in order to help his mother to rear his younger brothers and sisters.

Space will not allow of me speaking of the duty of children to give their confidence to their parents, and to do all that they possibly can to grow in improvement. These I must leave the reader to think out for himself. But in leaving this subject I would say, let children remember that when they have done their utmost and their all, even then they have not returned their parents' love and service of them. Sons and daughters never can requite this to their fathers and mothers. It has to be paid vicariously—that is to say, by the love and service which they in turn show to their children.

My next "Home Relationship" will be "Brothers and Sisters."

MR. PASSMORE EDWARDS ON THE HOMES OF THE PEOPLE.

THE following is the speech referred to in our biographical sketch of Mr. Passmore Edwards, on the occasion of laying the foundation stone of the Suburban Village Company at Brixton, on the 31st of March, 1869. Besides Lord Shaftesbury, who laid the first stone, Sir Sydney Waterlow, the Hon. Arthur Kinnaird, M.P., the Rev. Mr. Fleming, and others, were present. The speech is as interesting and as practical as when delivered those years since, and its suggestions are equally pertinent to the present time. After the ceremony, and Lord Shaftesbury's speech, Mr. Edwards said:—

As citizens of London we stand in the presence of two facts, both of which are sufficiently grave and sufficiently pregnant with interest to merit all the attention we can give them. These two facts are the rapid growth of London and the social condition of Londoners. I would first make an observation or two on the rapid and continuous growth of London. Since I came to this city—now about twenty-three years ago—London has increased nearly one million in population. Just think of that fact—one million in twenty-three years! Why, it is more than half-a-dozen European historical capitals put together. It is more than Rome, Venice, Florence, Milan, and Genoa united. It is equal to the united populations of Berlin and Vienna. I suppose in ancient or modern times there was never before such rapid growth, with the exception of certain places in the United States of America, where towns and cities spring up as if by enchantment. Mr. Fleming, who preceded me, knows all about Bath, and Bath is a tolerably large city. We are, however, adding to London every year nearly as many persons as live in Bath.

But though London has been thus increasing in quantity it has not improved in the same ratio in quality. A large proportion of the inhabitants of London live in close, ill-ventilated rooms, and in a condition deleterious alike to moral and physical health. Nothing, in fact, is more notorious than the miserable manner in which hundreds of thousands are housed in this the metropolis of what is called the most civilised nation in the world. This state of things has not been occasioned by want of means, for during the period I have mentioned England has made in many ways prodigious progress. We have experienced unexampled commercial development, we have harnessed science to industry, and subordinated the arts to common wants in a way never before witnessed. English enterprise has sought opportunities of action in almost every clime. The keels of our vessels plough every sea and kiss every shore. But during the time we have been unfolding these vast productive capacities we have been neglecting the ordinary home duties of providing decent dwellings for the industrial poor in our large towns, and this state of things has been permitted to grow up,

not because we have not had the power, but because we have not had the desire to prevent it.

We must, however, now look the facts full in the face, and seriously inquire how remedies may be applied to meet the evil. It is not to be done by philanthropic exertion. Whilst giving philanthropists due credit for the best intentions, and for a considerable amount of action in this matter, I cannot shut my eyes to the fact that nearly every philanthropic endeavour to provide improved homes for the people of London has failed, and the failure of these attempts has acted as a discouragement to men of capital to invest money in "model lodging-houses" and such places. Philanthropy and commerce cannot well act successfully together in this work. I do not see what philanthropy has to do particularly in providing houses for the people any more than in providing clothes or shoes, or food for the people. There are "ample scope and verge enough" for philanthropy to protect the helpless, to provide for the halt and the blind, to bind up the wounds of the suffering, and to staunch the tears of unavoidable affliction.

Let it not for a moment be thought that I in any way am undervaluing the intentions and the actions of philanthropic men; all I wish to say is that the great evil we complain of—the miserably inadequate provision of healthy, decent dwellings in our great cities, must be met by men of business in a business-like way. And I further state that we have at the present time all the means at our disposal to effect a salutary revolution.

There are now in the City of London millions of sleeping capital waiting for a safe and profitable investment. A large portion of our national wealth has for years past flowed into unprofitable channels. Let any one scan the City articles of the morning papers, let him glance down the share-list of our great companies which have absorbed so many scores of millions sterling, and he will find that generally these companies don't pay. Would it not be better if this money, or a portion of it, instead of being invested in Peruvian Bonds or Mexican Bonds, in Turkish or Egyptian Bonds, were used in the erection of civilised habitations for our working men? If this were done in a proper manner, many who have recently had to lament over immense losses in foreign undertakings would now be receiving a good percentage for their money. I see before me Mr. Allen, the builder (of the Improved Industrial Dwellings Company), and he, if necessary, can confirm my statement that that company, which is the largest of the kind in London or the world, not only pays 5 per cent., but is creating a reserve fund for possible contingencies. The Improved Industrial Dwellings Company has expended, I don't know how much, but certainly many scores of thousands of pounds, and it has provided better homes for thousands of people, and it pays well.* If that company, under the direction of Alderman Waterlow, Samuel Morley, and others, can use to such advantage to itself and its tenants the money entrusted to their care, other companies similarly conducted can produce similar results.

There are at the present moment in the City of London three great wants looking each other full in the face, and these three wants, paradoxical as it may seem, can materially and mutually assist each other. First, we have capitalists who want safe modes of investment. There are, in fact, millions sterling lying almost unproductive. Secondly, we have scores of thousands of people in London who want employment; and thirdly, we have hundreds of thousands who want better homes. Let other companies be formed—and there is room for many of them like the Improved Industrial Dwellings Company, and three great, useful objects will be gained. Capital now lying fallow will become fruitful. That will be a gain. Secondly, men standing all the day idle, almost starving, and longing for something to do, will be employed. If they are employed there will not only be less forced idleness, but less poor's rates to pay, and much more satisfaction in society. And in the third place, men, with their wives and children, will have better, purer, and healthier homes.

Here then is the necessity and the opportunity for a great experiment—I will not even say experiment, because experience has demonstrated that if the means be rightly employed, rich results may be realised. There is another class of persons who can greatly assist in promoting the great work, and that is the working men themselves, and they have a favourable opportunity for so doing in co-operating with this society. The society intends to erect on this estate between 600 and 700 houses, to be occupied principally by artisans, and it is contemplated to get the capital from shareholders, who are to become the owners of the houses. It will, in fact, be a working men's estate. We have in London a variety of estates. We have the Duke of Bedford's estate, the Duke of Norfolk's estate, the Marquis of Westminster's estate; and I don't see why there should not be people's estates as well as peers' estates. In fact, I should like to see London dotted all over with estates occupied by and owned by the people. We have in England hundreds of building societies, and they are as a rule economically and satisfactorily conducted. In fact, the manner in which they are conducted throws altogether into the shade the conduct of many of the great commercial companies of the City.

I do not fear the result of this society, provided its affairs be honestly administered. Everything will depend on that. The directors who have undertaken the superintendence of the company have taken charge of a serious responsibility; as on their economy and judicious government will depend, not only the prosperity of the society, not only the interests of the shareholders, but to some extent the moral issues of this great movement. Every successful experiment nurtures public confidence, whilst every unsuccessful endeavour raises up an additional obstacle in the way of providing better homes for the people. If this company succeed similar companies will be formed in different parts of London and other large towns; but if it fails capitalists and working men with only a few shillings a month to spare will shake their heads and button up their pockets. There is therefore every motive for careful, painstaking, and zealous action.

It is, I think, undoubted and undeniable that the health and the morality of a people, as well as the prosperity and power of a state, depend in a great degree on home comforts and domestic life. Let us sweeten the homes of men and we vastly increase one of the most fertile sources of human happiness. There is before us in London at the present time a vast wilderness of unhealthy homes, tenanted by men and women who are the victims of ignorance, want, intemperance, and neglect. This wilderness must be invaded, its social evils must be assailed and its vices lessened, if not destroyed; and the first thing to be done is to provide better places to live in, and then we shall have a vantage-ground for the cultivation of the domestic virtues, and from domestic virtues will spring a purer patriotism and a higher national life. There is, however, much to be done before society will wear a different aspect.

I believe with Lord Shaftesbury, who has just laid the foundation stone on which I stand, that there are good things in store for us. I cannot believe that the present state of things with its colossal wealth in very few hands on the one side, and a continent of homeless poverty on the other, will last for ever. Neither, in fact, can I bring myself to believe that our boasted civilisation, which carries with it such vast blessings and such vast evils, will remain in its present condition for any lengthened period. I moreover think that there are potent forces at work in our midst at the present moment that are destined at no distant day to affect for good the mass of our people.

We are, I admit, under a cloud just now. Credit is at a low ebb, and trade morality is conspicuous by its absence; but never let us forget that right is always young, and that justice never dies. Let us have arbitration instead of strikes as a means for the settlement of trade disputes between capital and labour; let us have co-operation extensively cultivated for a more equitable distribution of the fruits of industry; let us have societies righteously administered for the provision of improved homes for the people and by the people; let us have common honesty imported into commerce, and common justice interwoven into legislation, and poverty will be diminished, social comfort increased, and the moral wealth of England multiplied for the good of the world.

Mr. Edwards concluded his speech amid considerable cheering.

* The Improved Industrial Dwellings Company, one of the ablest-administered companies of the kind, has continued to pay 5 per cent., besides creating a reserve fund of considerable amount. Its stock is worth £117 per 100 at the present time.

MARRIED.—On Wednesday, the 12th inst., by the Rev. J. Ellerton, rector of Barnes, Mr. R. Shipman, our esteemed contributor, to Miss Sarah Nye, late of Tunbridge Wells.

IT is a secret known but to few, yet of no small use in the conduct of life, that when you fall into a man's conversation, the first thing you should consider is, whether he has a greater inclination to hear you or that you should hear him.—*Steele.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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Replies may be addressed to the advertiser at the Office of 'HOUSE AND HOME' without any additional charge.

*** *Only approved advertisements will be inserted.*

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

HOUSE AND HOME.

LONDON: MAY 22nd, 1880.

THE NORTHUMBERLAND VILLAGE HOMES.

IT has long been a matter of remark and reproach that whilst considerable provision has been made for the support and education of destitute boys, by the establishment of various charitable institutions, comparatively little has been done for poor, destitute girls, whose greater helplessness, and liability to severe trials and temptations, would seem to give them stronger claims on our practical sympathy. Evidence of our habitual neglect of this important section of humanity is perhaps more abundantly shown in the provinces than in the Metropolis. The adoption of county industrial schools has been earnestly advocated as the most feasible and satisfactory plan of transforming many of the waifs and strays of our towns into useful members of Society, who would probably otherwise find their way into our prisons or reformatories, and so become a burden instead of a support to the State.

We believe it would be difficult to find any one in the kingdom who has striven more energetically to demonstrate the wisdom of the policy of *prevention versus cure* with regard to the treatment of our gutter children than Mr. James Hall, of Tynemouth, a gentleman who won his spurs in the field of philanthropy long ago—the "Wellesley" training-ship on the Tyne being one amongst the many laudable results of his labours. Mr. Hall has repeatedly drawn the attention of the authorities in the north of England to the great need of county industrial or some similar provision for homeless and destitute girls as well as boys. The majority of the magistrates, however, have not yet evinced any disposition to carry out his views. Mr. Hall has not been deterred by such apathy, but in conjunction with another gentleman there has just been erected at Whitley-by-the-Sea, near Newcastle, the first block or pair of village homes for the reception of homeless and destitute girls, unconvicted of crime. These Village Homes are situate near Whitley Station, on the Blyth and Tyne section of the North-Eastern Railway; each of these homes, which are only two stories in height, is complete in itself, and comprises on the ground floor a spacious general living-room, kitchen, garden, and all necessary out-offices; there are three good bed-rooms on the upper floor; strict attention has been paid to the sanitary arrangements and domestic conveniences, which are on the most approved principles, and leave nothing to be desired. The site, which is only a short distance from the seashore, was given by His Grace the Duke of Northumberland; the cost of this first block has, we believe, been entirely defrayed by Mr. Hall and his friend, and although philanthropy has been to some extent stifled during these hard times, so excellent an example is worthy of imitation by those who possess the power to do likewise. The institution is founded on the cottage or family system, and the course so successfully pursued at the Princess Mary's Village Homes at Addlestone, Surrey, will be carried out here as far as practicable. Each is ruled by a house-mother and one of the elder girls. The industrial or domestic training is such as will likely be of most use to the girls in after-life. The education is based on the plan laid down in the code of the Education Department. The institution has been placed under the Industrial Schools Act, 1866, but the Committee will receive other girls than those sent by the magistrates, on such terms as may be agreed on.

Donations or subscriptions on behalf of an extension of these Village Homes will be thankfully received by the secretary, Mr. Hugh S. Panton, 38, Side, Newcastle, who, we have no doubt, will also be glad to supply any further information required.

CURRENT OPINIONS AND EVENTS.

ON Monday last the Annual Movable Conference of the Manchester Unity of Oddfellows was held at Lynn, when the Grand Master, Mr. Henry Outram, of Sheffield, made the following statement regarding the position of the Order:—

"As proof that the Order has not lost its hold on the working classes, no less than 27,730 were initiated last year, so that on January 1st the Unity numbered 533,520 members—a net increase of 1,961 members during 1879. He could most heartily congratulate the Unity upon the financial position of the Order, for as years rolled on there was a very marked improvement. This arose from more causes than one. The first was, no doubt, the more equitable adjustment between payments and benefits, to which must be added improved investments of capital, at higher interest; and although much still remained to be done in this direction, still sound information had become so widely disseminated that the remotest country lodges were now bestirring themselves to put their houses in better order. The total receipts during the past year had been £731,513 8s. 1d., of which £551,058 13s. 4d. was from members' contributions, £166,025 14s. 7d. from interest, and £14,429 0s. 2d. from admission fees. The payments had

been £490,591 17s. 11d.—£378,307 9s. 6d. for sick, and £112,284 8s. 5d. for funeral benefits. This showed a net gain on the year's transactions of £240,921 10s. 2d.; and the capital of the Unity now stood at £4,438,143 2s. 6d. sick and funeral funds, and £104,078 1s. 5d. distinct funeral funds. They might therefore congratulate themselves on the fact that, if they were not numerically the largest, they were by far the richest friendly society in the world. He would pass no further eulogium upon the Order; it had existed too long, and entered too largely into the regards of mankind, to require either praise or defence at his hands."

A much smaller but very healthy Benefit Order—the Sons of Temperance—held its twenty-first Annual Session at Edinburgh on the same day, when thirty new representatives were formally initiated. It was announced that the order has a membership of over 14,000. The death-rate was 8.84 per 1,000 for the year, and the funds of the society show an increase of £1,036 16s. 9d. The sick-fund balance is £32,117 5s. 11d. The district of London shows an increase of six branches, and seventeen other new branches have been formed during the year throughout the kingdom. It was agreed to open a branch of the order in Edinburgh.

Mr. Francis George Heath calls attention in a letter to the *Daily Chronicle*, to the reprehensible practice of overcrowding in railway carriages, especially at holiday times. Most travellers will heartily endorse Mr. Heath's protest. In describing what he witnessed on Whit-Monday, Mr. Heath says :—

"At New Cross the down platform was densely crowded by passengers waiting for a train to take them to the Crystal Palace. A train came up to this platform consisting chiefly of third-class carriages, apparently quite full. In an instant the already full train was crammed to suffocation by the crowd on the platform, every possible inch of standing-room being occupied without any remonstrance by the railway officials, although in the station yard there was an abundance of empty carriages. The practice of thus overcrowding trains on bank holidays is, I fear, only too common, but it is most reprehensible. Had the train I saw this morning met with an accident, the result might have been too appalling to contemplate. The law prohibits overcrowding in omnibuses, tramcars, and cabs. Is there no similar law for railway companies? If there be such a law it is continually broken."

Railway companies are continually breaking the law; but if a passenger ventures into a superior class carriage to that available by his ticket in consequence of the latter being crowded, he is pounced upon, prosecuted, and fined.

The dangers travellers are continually exposed to by reason of the transit of explosives by the same train or vessel with themselves are of the gravest kind. In a report recently directed to the Home Office, an Inspector of Explosives says :—

"A serious case is at present occupying the attention of this department, having been brought under notice by the Metropolitan Board of Works. It has been discovered that consignments of gunpowder have been transmitted from this country to Egypt, by passenger ships, in metal cylinders represented to contain oil, the cylinders being so constructed, with an inner longitudinal partition, that a portion amounting to about 1-10th of each cylinder was able to and actually did contain oil, and when the tap with which this portion was provided was unscrewed the oil could be poured out, without any suspicion being excited that the remaining 9-10ths of the cylinder contained not oil, but gunpowder. No pains will be spared to sift this matter to the bottom, and if possible to bring the offenders to justice. The offence is of a most serious character, and was such as to entail the very gravest possible risk. In one or two instances, to meet some exceptional demands, we have exercised the powers vested in us by the Act to authorise, subject to conditions, somewhat larger quantities of explosives being packed in a case other than is laid down by the Act, but we regard this power as one which should be very sparingly and cautiously exercised, and not so used as to allow an excess over the statutory limit to become in any way the rule."

It is well known that the practice of consigning gunpowder in frail barrels, marked "brick-dust," to dealers throughout the country, extensively obtains. This is done to reduce the cost of carriage, as exceptionally high rates are charged on gunpowder. But the dangers continually arising from the careless handling of this explosive "brick-dust" would be calculated to disturb the minds of railway passengers were the practice generally known.

Last week a deputation from the City of London Commissioners of Sewers had an interview with the Home Secretary with reference to the water supply of London. Unlike most deputations, they had no scheme or information to lay before Sir William Harcourt, merely contenting themselves with inquiries as to the intentions of the Government. Regarding the courses open in dealing with the question, the Home Secretary said :—

"There were three agreements—they would have to take them (*i.e.*, the interests of the water companies) or leave them, as they pleased; and if they left them they would have to consider whether they would be better off or worse off. These seemed to him to be the elements of consideration, and he could give them no definite answers as to the course the Government were going to take, because the Government, coming fresh to the question, had to collect their information from all sources of what would be the most advantageous course for them to take which would be consistent with justice to the companies. It was only from gentlemen like those present that they could derive the information which was necessary as to the feeling of the public upon these matters. The Government wanted to know, first of all, whether they thought it to be of great importance that these companies should be bought; secondly, whether they thought these terms which had been offered to be fair or unfair terms; and thirdly, whether they approved of the proposed constitution of the board. These were matters on which they could assist the Government more than the Government could assist them. He rather asked them for information, for being, as he need not tell them, new to the position, he came fresh to the question, and he wished to deal with it impartially, and neither wished to adopt nor condemn any scheme, and he wished to have information from those capable of giving it as to the principal evidence on this complicated question. He especially wished to know from them whether they wished these agreements which had been made, and the terms which had been proposed, to be terminated, so as to throw the matter out, or whether they wished them to be considered in any form."

At a meeting of the City of London Tradesmen's Club, attention was drawn to the result of the interview of the deputation with the Home Secretary, when, on the proposition

of Mr. Bonnewell, seconded by Mr. Malthouse, the following resolution was adopted :—

"That, in the opinion of this Club, the question of the water supply of the Metropolis demands the immediate attention of the Government with a view to effecting an alteration and amendment of the Parliamentary powers at present possessed by the water companies."

In his remarks, Mr. Malthouse expressed his surprise that when Sir William Harcourt asked the views of the deputation, they did not state that the objection was to the entire scheme of the Bill brought in by the late Government; and that the universal demand of the ratepayers was that the charge should be on the rateable value and not on the consumption of the article.

Last week we announced a conference on the water question under the auspices of the Society of Arts. The following intimation respecting it was, however, issued on Thursday last :—

"The council of the Society of Arts have had under their consideration the question of holding a public conference on this subject, and appointed a committee to consider and report thereon. This committee having met several times, and given full attention to the expediency of the Society holding a conference on the supply of water in the Metropolis at the present time, and having confidence that the supply of the best water to the Metropolis will be fully considered by Her Majesty's Government at an early period, reported that they were of opinion that no conference should now be held, and the council have accordingly resolved not to summon the conference as proposed."

A spacious City Temperance Restaurant, capable of accommodating from 300 to 400 persons, handsomely decorated and furnished, was opened at the Royal Exchange last week, by the Coffee Public-house National Association. Among the guests were Earl Fortescue, Sir Wilfrid Lawson, M.P., Sir Charles Reed, M.P., and Mr. Hubbard, M.P. In a short speech Earl Fortescue said :—

"He was greatly pleased to be able to assist so worthy an undertaking as that society in any way, and he trusted it would m eet with the success it deserved. He believed that a great many persons were led to drink mainly because of the great difficulty in obtaining non-alcoholic drinks at anything like reasonable prices. He had travelled a great deal abroad, and found that such was the case everywhere with the exception of Turkey and Syria. He felt certain that the establishment of these institutions would do a vast amount of good, and concluded by wishing the society every possible success."

A few days previously, the Earl of Aberdeen presided at the opening of a new coffee-palace at 785, Commercial Road, Limehouse. His Lordship, who evidently takes a sanguine view of the success of these institutions, said :—

"The Company (to which he had the honour of belonging) had now opened eleven of these institutions, and he was happy to be able to state that all of them were so successful as to be yielding a handsome profit, with the exception of one, and that was not for the want of customers, for it was crowded every night. Strange to say, people seemed so satisfied with the accommodation that they were unwilling to leave and make room for others. (Laughter.) The great object of the society was to check intemperance, and he felt they were steadily succeeding in that object. There were a great many other coffee-taverns in London besides theirs, and there could be no doubt that each one had done a great amount of good. In conclusion he said that he thought the results were such as to justify him in appealing for support to all who had the welfare of temperance at heart."

With good management, these houses ought to pay well ; and the various companies present an avenue for investments in which capital can be embarked remuneratively, while at the same time national sobriety is promoted. Only fancy, philanthropy and ten per cent., a combination not expected this side of the millennium ! The secretary of the Company in question, Mr. Paton, bore out the Earl's view as to success. He said :—

"The success of the Company he felt was certain, and he had no fear of the result which would be shown in the balance-sheet when it appeared. The statistics of the consumption at ten of their taverns for last week showed that they were patronised by at least 50,000 persons."

On Friday last an influential deputation from the Kyrle Society, headed by the Duke of Westminster, waited upon the Metropolitan Board of Works. A memorial praying the Board to take over the gardens of Lincoln's Inn Fields for public use was presented. In addressing the Board, the Duke of Westminster said :—

"The Society which had taken up this matter was one which was founded a few years ago with the object, generally speaking, of making the lives of the poorer classes in this country happier than they were. The railways gave facilities to the wealthier classes in the Metropolis to enjoy the sight of trees and fresh air, but there was also a tendency to overcrowding in all great towns, to which the Metropolis formed no exception. Those acquainted with Lincoln's Inn Fields knew how crowded was the state of the surrounding neighbourhood, and the practical impossibility of a large portion of the inhabitants of those localities ever getting out into the country, or having room for their children to run about in and enjoy themselves, except in the crowded thoroughfares of this neighbourhood. The advantage of opening these gardens would be a benefit to thousands, and the annoyance would be of a very limited character. The powers of the Metropolitan Board were well known to themselves, and it might be said it was a matter for the district board rather than the Metropolitan Board ; but the gardens were within the jurisdiction of two distinct boards, and they had been informed that those bodies had no power in the matter. The society thought that there was an opportunity for doing an act which would be of undoubted value and beneficence, not only to the unfortunate people who were now crowded together in the district, but to their successors for all time; and if this benefit could be carried out fairly to those who possessed existing rights, he hoped the Board would take it into their consideration."

SONNET.

By John Greenleaf Whittier.

THE WORD.

Voice of the Holy Spirit, making known
Man to himself a witness swift and sure,
Warning, approving, true and wise and pure,
Counsel and guidance that misleadeth none !
By Thee the mystery of life is read;
The picture-writing of the world's grey seers,
The myths and parables of the primal years,
Whose letter kills, by thee interpreted
Take healthful meanings fitted to our needs,
And in the soul's vernacular express
The common law of simple righteousness.
Hatred of cant and doubt of human creeds
May well be felt ; the unpardonable sin
Is to deny the word of God within !

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

"SUGAR" AND "SUGAR."

To the Editor of "HOUSE AND HOME."

SIR,

I am sorry to have added one whit to the confusion of which "E. B." complains—for I did try to make the subject plain. I advocated sugar "in its natural state," it is true; but I did so because I thought anybody who chose could find it, or should make an attempt to do so. All well-ripened grains, all well-ripened fruits, contain sugar—*i.e.*, *natural* sugar—which should be preferred, I suggest, to that in the sugar-basin—*i.e.*, to *manufactured* sugar. Yet we ferment our bread until its finest sweetness is destroyed, whereas it ought to be jealously retained (as it is in the sweet and wholesome unfermented cake), and then we attempt to replace the sweetness we have destroyed by sundry foreign additions. Good sweet home-made bread is truly a staff of life; but who cares to feast on the impoverished compound known as the baker's loaf?

Yours,

R. BAILEY WALKER.

The Grove, Didsbury.

To the Editor of "HOUSE AND HOME."

SIR,

I am deeply interested in the correspondence of your paper on the above subject. I am an abstainer from such worthless articles as alcohol, tobacco, flesh, tea, coffee, white bread, &c. The English people have yet to learn the value of such cheap and nourishing foods as oatmeal, barley, maize, lentils, haricot beans, and many others. We eat *too often* and too much. The custom of drinking a large quantity of scalding hot tea or coffee is absurd. The less drink we take of *any kind*, the better. If people would eat ripe fruit at their meals they would not require much drink. *I* have been for a week at a spell without a drop of drink. I ate a few oranges every day. Water is the best drink of all. It would be much better for us to grow grain and fruit instead of flesh and animal products. Why shouldn't England be as well cultivated as Belgium? With plenty of ripe fruit and brown bread we could manage with *much less cooking*, which would be a godsend to mothers with large families. A pure diet is the basis of all reform. With the spread of food reform, we shall have less drinking of intoxicants. No vegetarian can become a drunkard. I kindly urge "E. B." to read Graham's "Science of Human Life," "Fruits and Farinacea," "The Diet Cure," by Dr. Nichols, also his *Herald of Health*, monthly, the *Dietetic Reformer*, &c. I hope the science of dietetics will ere long be taught in all our schools. As for butter and milk, they are not necessaries of life; they are costly and hard to procure. I urge your readers to abstain from tea and coffee. They should take dandelion coffee, cocoa, &c. Any herbalist will supply them with *harmless* herbs for tea, such as balm, raspberry leaves, &c. For children I recommend plenty of oatmeal porridge, with good syrup. Your readers can obtain much valuable information *free*, by sending their names to R. B. Walker, 56, Peter Street, Manchester.

I remain, yours truly,

J. NUGENT.

63, Wilford Road, Nottingham.

To the Editor of "HOUSE AND HOME."

SIR,

Your correspondent seems to think that her decision is sufficient for all time, and that wisdom will die with her. Shakespeare says, "The devil can cite Scripture for his purpose," and it is surely true. The food of man was appointed for him at the beginning—Genesis i. verse 29. The laws of God are unchangeable, and do not alter to suit the caprice or depraved appetites of the human race. No person can eat flesh without eating the blood with it—for the flesh is made out of the blood, and the beef-eater may see the blood oozing out of the fresh-killed beef on the butcher's boards, and on their dishes even when the flesh is half cooked. Flesh-eaters eat the blood of all animals that are shot or strangled, and they eat it by itself without the flesh. They are so anxious to eat flesh that they are quite willing to break the commandment concerning the blood. "Thou shalt not kill," ought to be sufficient for all time. This commandment, given by God to Moses, is confirmed by the prophets, by Christ and His apostles.

No one need go to the Jewish priests and kings for their authority, when they have Christ and the apostles. The Books from which your correspondent quotes were not written by Divine authority—they are merely revised and abridged manuscripts, compiled by Ezra, a learned Jew, from preserved records, by order of the King of Persia.

All the writings of Moses, except what we call Genesis, Exodus, the Book of Job, and some psalms attributed to David, were burnt in the destruction of the Second Temple.

The sayings and doings of the Jewish priests and kings are not to be taken as standards of morality. They were historical persons, not Divine agents; they are not to be quoted any more than the kings and priests of England, and certainly the latter were the better behaved. King Solomon is a nice character for any lady to quote. He commenced his career by breaking the sixth commandment, and finished it by breaking them all. His brutal slaughter of sheep and oxen was on a par with his unnatural lust of wives and concubines. The Lord and His ministering angels had nothing to do with the acts of this King; but ancient records say that the devil had, and that he was Solomon's minister.

The Jews were never commanded by God to sacrifice living animals in their worship. The first laws were written in ancient Hebrew or hieroglyphics; the later legislators of the Jews were not able to translate the language, and the true spirit of worship was lost till Christ came.

Even when the Jews had fallen to their lowest spiritual ebb, they never fell so low as to establish slaughter-houses and butchers' shops in Jerusalem; the Jews only eat the flesh of their sacrifices in their worship.

The prophets condemned all sacrifices throughout all their teachings, *and they were all abstainers from flesh.*

Christ did away with all animal sacrifice, and consequently with the eating of flesh, and this is sufficient to show that it was *never lawful.*

There was no slaughtering of sheep and oxen at the rebuilding of the glorious temple of His body.

The vegetarians are not aggressive, and do not attack any who do not presume to lay down laws for them. The vegetarians are not in the minority, I am happy to say; if the people of the known world were counted, the vegetarians would be found in the majority.

Yours, &c.,

A VEGETARIAN LADY.

May 10th, 1880.

ANECDOTES OF ELEPHANTS.—The following incident respecting the elephant, related by Sir J. Emerson Tennent, Bart., author of "Ceylon," may perhaps prove interesting: "One evening, whilst riding in the vicinity of Kandy, my horse evinced some excitement at a noise which approached us in the thick jungle, and which consisted of a repetition of the ejaculation 'urmph! urmph!' in a hoarse and dissatisfied tone. A turn in the forest explained the mystery, by bringing me face to face with a tame elephant, unaccompanied by any attendant. He was labouring painfully to carry a heavy piece of timber, which he balanced across his tusks; but, the pathway being narrow, he was forced to bend his head to one side to permit the load to pass endways; and the exertion and this inconvenience combined led him to utter the dissatisfied sounds which disturbed the composure of my horse. On seeing us halt, the elephant raised his head, reconnoitred us for a moment, then flung down the timber, and voluntarily forced himself backward among the brushwood, so as to leave a passage, of which he expected us to avail ourselves. My horse hesitated; the elephant observed it, and impatiently thrust himself still deeper into the jungle, repeating his cry of 'urmph!' but in a voice evidently meant to encourage us to advance. Still the horse trembled; and, anxious to observe the instinct of the two sagacious animals, I laid the reins upon its neck and forbade any interference; again the elephant, of his own accord, wedged himself further in amongst the trees, and manifested some impatience that we did not pass him. At length the horse moved forward, and when we were fairly past the elephant I looked back and saw the wise creature stoop and take up its unwieldy burthen, trim and balance it on its tusks, and resume its route as before."

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.
Tennyson.

If you would have a faithful servant, and one that you like, serve yourself.
Franklin.

People seldom improve when they have no other model but themselves to copy after.—*Goldsmith.*

It many times falls out that we deem ourselves much deceived in others because we first deceived ourselves.—*Sir P. Sidney.*

Shall we call ourselves benevolent when the gifts we bestow do not cost us a single privation?—*Degerando.*

None are so fond of secrets as those who do not mean to keep them; such persons covet secrets as a spendthrift does money, for the purpose of circulation.—*Colton.*

He knows enough who knows how to be silent.—*Italian Proverb.*

Passive, the soul weakens, active, it raises itself; to use is to live.—*Hygiene.*

We would do many more things if we believed less in impossibilities.—*Malesherbes.*

O, Heaven, were man but constant he were perfect; that one error fills him with faults.—*Shakespeare.*

The honest man is a superior judge, even in things which seem to have the least relation to virtue.—*Desmahis.*

To most men experience is like the stern-lights of a ship, which illumine only the track it has passed.—*Coleridge.*

The soul has living apart from its corporeal envelope a profound habitual meditation, which prepares it for future life.—*Hippel.*

It occasionally happens that he who is always in search of something beyond the great, lights on something which is really great.—*Quintilian.*

In order to be happy in any degree, we must abandon ourselves, according to the will of God, and after the pattern of His Son, to the temporal and spiritual benefit of mankind.—*Robert Hall.*

The passions of mankind are partly protective, partly beneficent, like the chaff and grain of the corn; but none without their use, none without nobleness when seen in balanced unity with the rest of the spirit which they are charged to defend.—*Ruskin.*

Envy is as malignant in a paltry waiting-wench as in the vainest and most ambitious lady of the court. It is always an infallible mark of the basest nature; and merit in the lowest as well as in the highest station, must feel the shaft of envy's constant agents—falsehood and slander.—*Macklin.*

Before beginning, and without an end,
As space eternal and as surety sure,
Is fixed a power divine which moves to good;
Only its laws endure.
Edwin Arnold.

All quality that is good for anything is founded originally in merit.
Collier.

As good almost kill a man as kill a good book.—*Milton.*

Heroism is the self-devotion of genius manifesting itself in action.
Hare.

Those men who set up for morality without regard to religion are generally but virtuous in part.—*Swift.*

THE HOUSEWIFE'S CORNER.

PINEAPPLE TOAST.

Take a small tin of preserved pineapple and a stale sponge cake; cut the sponge cake in slices half an inch thick, and trim them and the pineapple to the same shape; place lightly the slices of cake on both sides in butter. Arrange on a dish in a circle, alternately, a slice of cake and one of pineapple, take as much syrup out of the tin as may be necessary, add to it a glass of sherry or a liquor-glass of brandy; pour this over the dish and serve cold.

BEEF-STEAK ROLLS.

Cut a very thick steak into pieces three inches long and two inches wide; rub the inside with an onion cut in two. On each strip of meat lay a very thin slice of bread, buttered on both sides, and a little smaller in size than the meat; sprinkle with pepper and salt, stick a clove in each, and roll up tightly. Tie with white cord, roll in flour, and fry. When done remove the cord and serve with brown gravy or tomato sauce.

BOLA DE RIVA.

This is a Spanish dessert. To one half-pound of butter add one half-pound pulverised sugar, with whites and yellows of four eggs; you want three ounces of pounded almonds and two ounces of whole almonds chopped; mix all well together; add one pound of sifted flour. Make into balls or round forms, and bake in a greased pan.

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The Lay Preacher says of this volume:—

"The second volume of *House and Home* is even an improvement upon the first. Mr. Pearce deserves great credit for the spirit with which this weekly is conducted, and for its high moral tone. As a cheap weekly paper, exclusively devoted to household matters, it stands unrivalled."

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PORTRAITS.

THE following Portraits are in preparation:—

RIGHT HON. SIR STAFFORD NORTHCOTE.
THE EARL OF DERBY.
W. H. SMITH, ESQ., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, ESQ., C.B.
&c., &c., &c.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get "the trade" to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway bookstalls.

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A Weekly Journal for all Classes

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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THE RIGHT HON. A. J. MUNDELLA, M.P.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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THE RIGHT HON. A. J. MUNDELLA, M.P.

THE RIGHT HON. ANTHONY JOHN MUNDELLA, M.P., Vice-President of the Council, eldest son of Antonio Mundella, a Lombard refugee, was born at Leicester, in March, 1825. His father, a native of Como, was driven into exile in consequence of his part in the insurrectionary movement against the Austrians in 1820. Antonio Mundella reached England almost penniless, and having settled down at Leicester, for a time he earned a precarious living as a teacher of modern languages. He married Rebecca Allsop, of Leicester, a lady of remarkable mental endowments, and possessed of some little property. Mrs. Mundella was the main support of the household for several years; but when Anthony, her eldest son, was about nine years of age, her eyesight failed her, and she was obliged to give up her remunerative employment as a lace-maker, of which art she was an adept. Anthony was in consequence taken from school, and placed in a printing-office, where he remained two years, when he was apprenticed to the hosiery trade. His good mother, who had a wide knowledge of English literature, still attended to his education as far as his employment would permit; and he also availed himself of the advantages presented by the Mechanics' Institute of the town.

When about fifteen years of age he joined the Chartists. Mr. Thomas Cooper was lecturing at Leicester upon the subject, and Mr. Mundella was one of the audience. The scene is presented by Mr. Cooper in his "Autobiography." He says :—

"I had been appealing strongly one evening to the patriotic feelings of young Englishmen, mentioning the names of Hampden, Sydney, and Marvell, and eulogising the grand spirit of disinterestedness and self-sacrifice which characterised so many of our brave forerunners, when a handsome young man sprang upon our little platform and declared himself on the people's side, and desired to be enrolled as a Chartist. He did not belong to the poorest ranks, and it was the consciousness that he was acting in the spirit of self-sacrifice as well as his fervid eloquence that caused a thrilling cheer from the ranks of the working men. He could not have been more than fifteen at the time; he passed away from us too soon, and I have never seen him but once all these years. But the men of Sheffield have signalised their confidence in his patriotism by returning him to the House of Commons; and all England knows if there be a man of energy as well as uprightness in that House it is Anthony John Mundella."

From 1840 to 1848, Mr. Mundella agitated for the "Charter," writing songs and ballads as well as speaking and in other ways promoting the cause.

In his nineteenth year Mr. Mundella became manager to a large concern in the cotton trade; and at twenty-three he became junior partner in the firm of Midlands, Hone, Mundella, and Co., of Nottingham, a house employing some 3,000 hands. Mr. Mundella is still a director of this Company; and he is also chairman of the Commercial Union Insurance Company, and a director of the National Bank of New Zealand.

As a genuine friend of the working people Mr. Mundella had witnessed with pain the suffering and hardship inflicted upon them by "strikes" and "lock-outs." On the occasion of a strike at Nottingham in 1860, he succeeded in bringing the employers and employed together—when after three days' discussion the strike was closed by mutual concessions, and a resolution adopted agreeing to the settlement of all future differences respecting wages by a Board, composed of nine members representing the masters and nine representing the men. The first meeting of this Board was held December 3rd, 1860. In an article on "Conciliation and Arbitration" in the *Contemporary Review* for 1870, ten years later, Mr. Mundella thus sums up the results of the experiment :—

"Since the 27th of September, 1860, there has not been a bill of any kind issued. Strikes are at an end also. Levies to sustain them are unknown; and one shilling a year from each member suffices to pay all expenses. This, not a farthing of which comes out of the pockets of their masters, is equivalent to a large advance of wages. I have inspected the balance-sheet of a trade union of 10,300 men, and I found the expenditure for thirteen months to amount to less than a hundred pounds."

The success attending Mr. Mundella's scheme of arbitration led to his invitation to several towns—Sheffield amongst them—to give popular expositions of his system; and Sheffield, notorious for its rattening, invited him to contest that constituency at the general election of 1868, when, despite the opposition of Mr. Broadhead, and the popularity of Mr. Roebuck, he was returned at the head of the poll. On entering Parliament Mr. Mundella was selected to second the address. Since his return to Parliament Mr. Mundella has been unremitting in his efforts to promote legislative changes in the interests of the people. His powerful advocacy did much to further the Education Question, and his efforts in the cause of labour justly entitle him to the popularity he has attained. The working classes have every confidence in him, knowing that for years he has been their tried friend; and the announcement that he had joined Mr. Gladstone's Administration was everywhere received with expressions of general satisfaction.

THRIFT PAPERS.

By T. Bowden Green.

No. X.—*Parochial Thrift.*

Thrift should be not only individual and national, but parochial also. There exists, however, a large class of persons who, though careful and thrifty in regard to their own expenditure, are not so when they have public funds to deal with. Thrift, with such as these, is not so much a principle to be adopted on all occasions as a personal habit which does not extend beyond personal convenience. All who have the control of parochial or public funds should bear in mind that those who have to pay the various rates which they levy may not be so well able to do so as themselves, and they should not therefore recklessly raise and disburse sums of money for the carrying out of mere crotchets at the expense of others.

A counteracting measure, and one which for various other reasons it would be well to adopt, is that of establishing, in every parish, a thrift association, one of the objects of which should be to look after and endeavour to regulate the parochial expenditure.

Such an organisation might also take in hand the parish penny bank, the circulation of thrift literature, the formation of a provident dispensary, and other matters tending to the development of thrift principles throughout the community. In many cases this would dispense with various coal, clothing, and sick clubs, but such institutions might, generally speaking, be merged with advantage into the more useful provident dispensary and penny bank, which are of a far more independent character than "charity clubs" usually are—which latter frequently do but pauperise those whom they are intended to benefit.

If in every parish and village throughout the country there existed some simple but well-organised machinery for the extension and development of thrifty habits and principles, much benefit would speedily result therefrom, and we should soon lose the character of being one of the most thriftless of civilised nations.

Our labouring classes have hitherto been far too much in the habit of relying upon the poor law, the working of which has very greatly served to demoralise them. We may hope, however, that a reformation in this respect is now dawning upon us, and that the efforts which are being made to instil thrift principles into the minds of the rising generation will, at any rate, serve to make those who are able to work for themselves thoroughly independent of poor law relief. With an efficient system of parochial thrift, this most desirable result might be speedily accomplished.

Thoughts, when tears perchance may flow,
If not born of melancholy,
Do a world of good, we know,
Often rid us of our folly;
For each varied phase and mood
There is fitting time and leisure,
Both for sorrow to intrude,
And the heart to yield to pleasure.

G. Linnæus Banks.

HYGIÆA.

By Dr. Benjamin Rush.

[The following story is taken from a very scarce little volume entitled: "Sermons to the Rich and Studious on Temperance and Exercise. By a Physician. London: Printed for Edward and Charles Dilly, in the Poultry, 1772." The "Sermons" are dedicated to Dr. William Cadogan of London; and the dedication is dated from Philadelphia, January 3rd, 1772. The first Sermon is "On Temperance in Eating;" the second is "On the Use and Abuse of Wine and Strong Drink;" and the third is "On Exercise." Our excerpt forms the conclusion of the last sermon. Dr. Rush is well known as the author of "An Inquiry into the Effects of Spirituous Liquors," first published in England in Vol. LXXV. of the *Gentleman's Magazine*, and subsequently reprinted and widely circulated in many forms.]

In the Island of Ceylon, in the Indian Ocean, a number of invalids were assembled together, who were afflicted with most of the chronic diseases to which the human body is subject. In the midst of them sat several venerable figures, who amused them with encomiums upon some medicines, which they assured them would afford infallible relief in all cases.

One boasted of an elixir—another of a powder, brought from America—a third, of a medicine, invented and prepared in Germany—all of which, they said, were certain antidotes to the gout—a fourth cried up a nostrum for the vapours—a fifth, drops for the gravel—a sixth, a balsam, prepared from honey, as a sovereign remedy for a consumption—a seventh, a pill for cutaneous eruptions—while an eighth cried down the whole, and extolled a mineral water, which lay a few miles from the place where they were assembled.

The credulous multitude partook eagerly of these medicines, but without any relief of their respective complaints. Several of those, who made use of the German preparation, were hurried suddenly out of the world. Some said their medicines were adulterated—others that the doctors had mistaken their disorders—while most of them agreed that they were much worse than ever.

While they were all, with one accord, giving vent in this manner, to the transports of disappointment and vexation, a clap of thunder was heard over their heads. Upon looking up, a light was seen in the sky. In the midst of this appeared the figure of something more than human—she was tall and comely—her skin was fair as the driven snow—a rosy hue tinged her cheeks—her hair hung loose upon her shoulders—her flowing robes disclosed a shape which would have cast a shade upon the statue of Venus of Medicis.—In her right hand she held a bough of an evergreen—in her left hand she had a scroll of parchment—she descended slowly, and stood erect upon the earth—she fixed her eyes, which sparkled with life, upon the deluded and afflicted company—there was a mixture of pity and indignation in her countenance—she stretched forth her right arm, and, with a voice which was sweeter than melody itself, she addressed them in the following language:—

"Ye children of men, listen for a while to the voice of instruction. Ye seek health where it is not to be found. The boasted specifics you have been using, have no virtues. Even the persons who gave them, labour under many of the disorders they attempt to cure. My name is Hygiæa. I preside over the health of mankind. Discard all your medicines, and seek relief from Temperance and Exercise alone. Everything you see is active around you. All the brute animals in nature are active in their instinctive pursuits. Inanimate nature is active

too: air—fire—and water—are always in motion. Unless this were the case, they would soon be unfit for the purposes they were designed to serve in the economy of nature. Shun sloth. This unhinges all the springs of life—fly from your diseases—they will not—they cannot pursue you."

Here she ended—she dropped the parchment upon the earth—a cloud received her, and she immediately ascended and disappeared from their sight. A silence ensued—more expressive of approbation than the loudest peals of applause.

One of them approached with reverence to the spot where she had stood—took up the scroll, and read the contents of it to his companions. It contained directions to each of them, what they should do to restore their health.

They all prepared themselves to follow the advice of the heavenly vision. The gouty man broke his vial of elixir, threw his powders into the fire, and walked four or five miles every day before breakfast. The man afflicted with the gravel threw aside his drops, and began to work in his garden, or to play two or three hours every day at bowls. The hypochondriac and hysteric patients discharged their boxes of asafœtida, and took a journey on horseback, to distant and opposite ends of the island. The melancholic threw aside his gloomy systems of philosophy, and sent for a dancing-master. The studious man shut up his folios, and sought amusement from the sports of children. The leper threw away his mercurial pills, and swam every day in a neighbouring river. The consumptive man threw his balsam out of his window, and took a voyage to a distant country.

After some months, they all returned to the place they were wont to assemble in. Joy appeared in each of their countenances. One had renewed his youth—another had recovered the use of his limbs—a third, who had been half bent for many years, now walked upright—a fourth began to sing some jovial song, without being asked—a fifth could talk for hours together, without being interrupted with a cough—in a word, they all enjoyed now a complete recovery of their health. They joined in offering sacrifices to Hygiæa. Temples were erected to her memory; and she continues, to this day, to be worshipped by all the inhabitants of that island.

SLEEP AND SLEEPLESSNESS.

By R. Clark Newton, L.M., C.M., M.R.C.S.E.

No. II.

An irregular or insufficient quantity of sleep gives rise to feebleness of mind and body, an inaptitude for physical or mental effort, and an irritable state of temper and an undue sensitiveness to sounds and movements. The child that is denied his due amount of rest becomes irritable, cross, and peevish, and loses appetite, colour, and condition. In manhood and middle age nature's importunities for rest may be longer resisted, but eventually the most powerful muscular frame becomes broken down, and the most active and brilliant brain puts on premature senility, from lack of rest. We have referred just now to the healthy and strong, but it must be noticed that loss of rest is especially productive of evil consequences to the debilitated and the subjects of hereditary disease. Young men and women eager in the pursuit of the pleasures of a "season" seldom fully recognise that late hours—that is, loss of sleep—are more likely, perhaps, than any other cause to develop or call into activity such diseases as consumption, scrofula, &c.

Wakefulness in many instances ensues from a very simple origin, whilst in others it arises from a complex combination of causes. Daily vocation directly influences sleep; it is promoted by outdoor muscular exertion unless pushed too far, and all occupations requiring only a moderate amount of mental expenditure are favourable to repose; but excessive or long-continued physical or mental exertion is destructive to sound rest. The restless night is well known to the over-anxious man of business, the speculator, and the gambler, and especially to the sensitive and irritable in constitution. The occupants of responsible or exalted public positions are frequently denied rest. How many such have at times sympathetically felt with Shakespeare's King Henry the Fourth, in his soliloquy:—

> "How many thousands of my poorest subjects
> Are at this hour asleep! O sleep! O gentle sleep!
> Nature's soft nurse, how have I frighted thee!
> Canst thou, O partial sleep! give thy repose
> To the wet sea-boy in an hour so rude;
> And in the calmest and most stillest night,
> With all appliances and means to boot,
> Deny it to a king? Then, happy low, lie down!
> Uneasy lies the head that wears a crown."

One of the most constant and painful causes of sleeplessness is an inability to put thought aside as we do our clothes on retiring at bedtime. With many, closing the eyes and thus shutting out external objects only the more concentrates the attention of the brain inwards upon itself, and thus thought becomes more active and monopolising than during the day. But thought by day and thought by night are under sleeplessness two very different conditions. The first is real in value and correctly balanced; the second occupies itself with imaginary troubles, sorrows, or difficulties; or, if not wholly imaginary, their importance when viewed under the broad light of day is very small indeed, whilst at night they are twisted into the most fantastic forms, and have a tendency to become painfully magnified. The mind, too, flits with erratic swiftness from subject to subject without completing the consideration of any one of them, and it is tossed, tumbled, buffeted, and strained like a ship on an angry sea. Such forms of sleeplessness from mental activity or excitability may be the result of habitual overwork, an unusual day of pleasure or important business; the day's work or events cannot be shut out of the closing eyes. When this condition becomes habitual, the state is one of extreme importance, and should command at once both attention and sympathy, for "take from a man hope and sleep, and he becomes the most wretched being on earth." The knowledge that the habit of sleeplessness has set in assists in its turn to aggravate the evil, and if the habit of wakefulness becomes permanent, some diseased or morbid mental condition may supervene, and the individual becomes hypochondriac, or the subject of some form of monomania; indeed, such sleeplessness may merge into or be the premonitory sign of insanity. It is curious to observe the peculiarities of an individual so overtaken. During the day-time he becomes what the world calls nervous, and contracts some

little automatic movement or habit, such as perpetually fidgetting with his fingers, or jerking one of his limbs incessantly, or walking aimlessly up and down the room, or perhaps he occupies himself with re-adjusting articles of furniture already correctly placed. "An evil conscience" is another form of expression for sleeplessness from thought, and in many cases no judge has passed a severer sentence upon the convicted criminal than that endured already in the form of sleeplessness before detection. Remorse and the fear of exposure keeps many a wretch on the rack of sleeplessness, for "Glamis hath murdered sleep." The detection of an offence against the laws of the land often comes to the malefactor as a grateful relief, and his wakeful condition before the public discovery of his crime often proves a strong contrast to the accounts we occasionally read of a condemned criminal having slept soundly the night preceding his execution.

Habit has a remarkable influence upon sleep. Dr. Macnish has collected several instances of the same. Thus, he tells us that an old artilleryman often enjoys tranquil repose while the cannon are thundering around him; an engineer has been known to fall asleep within a boiler whilst his fellows were beating it on the outside with their ponderous hammers; and the repose of a miller is nowise incommoded by the noise of his mill. Sound ceases to be a stimulus to such men, and what would have proved an inexpressible annoyance to others is by them altogether unheeded. It is common for carriers to sleep on horseback, and coachmen on their coaches. During the battle of the Nile some boys were so exhausted that they fell asleep on the deck amid the deafening thunder of that dreadful engagement. Nay, silence itself may become a stimulus, while sound ceases to be so. Thus, a miller being very ill his mill was stopped that he might not be disturbed by the noise; but this, so far from inducing sleep, prevented it altogether; and it did not take place till the mill was set going again. For the same reason the manager of some vast iron-works, who slept close to them, amid the incessant din of hammers and blast furnaces, would awake if there was any cessation of the noise during the night. To carry the illustration still further, it has been noticed that a person who falls asleep near a church, the bell of which is ringing, may hear the sound during the whole of his slumber, and be nevertheless aroused by its sudden cessation. Here the sleep must have been very imperfect, otherwise he would have been insensible to the sound; the noise of the bell was no stimulus; it was its cessation which, by breaking the monotony, became so, and caused the sleeper to awake.

Though the sleep in the case just related is described as imperfect, as the sense of hearing remained alert, it is interesting to observe that even in perfect sleep insensibility does not overtake the bodily and mental functions simultaneously. Every one must have noticed that the first sign of approaching sleep, in the recumbent posture, is a falling down or drooping of the eyelids, followed by (if going asleep in the sitting posture) a relaxation of the muscles which support the head in an erect attitude. This muscular relaxation probably occurs simultaneously with the withdrawal of the attention; and suspension of the power of sight now closely follows, but some of the other senses are still alive, such as that of hearing, which remains active long after vision sleeps. It is difficult to say at what exact periods, or in what sequence, some other mental and bodily properties become torpid, especially those of feeling and volition, as these vary in different individuals, nor is the rotation constantly observed in the same person. The subjects of many of our dreams are so started. Thus, if sensation is still active, an aching tooth may suggest a dramatic interview with the dentist, or an arm in a cramped position may cause the individual to dream; or, if hearing be still awake, the barking of some dog may lead the sleeper "up hill and down dale" after the hounds. Though the sequence spoken of is not always closely observed, so far as the senses are concerned, yet in the majority of cases vision gives way before hearing; but Erasmus relates a remarkable story of Oporimus, a bookseller, who, after a fatiguing day's travel, commenced to read to him from a certain manuscript. After Oporimus had read a considerable time, Erasmus discovered him to be asleep whilst he still continued to read. On being awakened, he was found ignorant of what he had been reading. In this remarkable case, vision and the muscles concerned in articulation had remained awake after hearing and some of the other senses had lapsed into a sleeping state.—*Newcastle Chronicle.*

METROPOLITAN MUNICIPAL ASSOCIATION.

A MEETING of the above association was held last week to consider the policy to be pursued in Parliament on London questions, and to invite the co-operation of members in the work; Major Lyon in the chair. Regret was expressed at the absence of Sir Ughtred Kay-Shuttleworth from the House, and a resolution of thanks was passed to him for his advocacy of the cause in Parliament, in succession to the late J. S. Mill and Mr. Charles Buxton and Lord Elcho. A resolution was also passed inviting him to become president of the association, which he accepted. On the motion of Sir Ughtred Kay-Shuttleworth, seconded by Mr. H. Brand, M.P., Mr. Firth, M.P., was requested to take charge in Parliament of the several questions advocated by the association. A series of resolutions on London government were agreed to, but it was deemed advisable to delay publicity until after the announcement by the Government of measures for the brief session in prospect. It was thought desirable to urge at the earliest moment the appointment of a Commission, with statutory powers (having in view the rebellion of the City Companies to inquiry by a Royal Commission in 1835), to inquire into the objects, charters, administration of estates and trusts of the eighty-nine Companies affiliated to the City Corporation, their Parliamentary franchises, and the reforms to be introduced. It was also agreed that "it is desirable that the Government should take measures to protect the ratepayers' interests in the question of London water supply, and, whilst providing for the acquisition of works and property of the Companies, on behalf of the ratepayers, should secure an increased and purer supply." Mr. Watherston was nominated as Chairman of Executive Committee and Treasurer, and Mr. Beal was requested to continue to act as hon. sec. Sir Ughtred Kay-Shuttleworth, Mr. H. Brand, M.P., Mr. Passmore Edwards, M.P., Mr. Walter James, M.P., the Rev. J. Simpson, Mr. Storr, and others, took part in the discussion. A strong opinion was expressed that the Queen's Speech would deal with some of the questions under consideration, and the propriety of interviewing the Home Secretary was adjourned until after the meeting of Parliament next Thursday; but copies of the resolutions agreed to were directed to be forwarded to Sir W. V. Harcourt.

Princes are never without flatterers to seduce them, ambition to deprave them, and desires to corrupt them.—*Plato.*

THE LEMON CURE.

By a curious coincidence we have two letters from Rio Janeiro, Brazil, by the same steamer, asking our opinion of a German medical work on the virtues of lemon-juice in curing disease and prolonging life.

Well, we do not quite believe that any quantity of lemon-juice will make a man live for ever—in this present life; nor do we think it desirable, because we believe in another and a better one. At the same time it seems natural and desirable that men should pass through all the stages of this present life, as the means provided for their development and preparation for the life to come.

Men live a hundred years. There are centenarians all over the world, and what man has done man can do. Given the same conditions, any number of men and women can live a century. And people live much longer than that. One of my Brazilian correspondents says, "I have spoken to a man 167 years old." That is not impossible, but we should require very good evidence in regard to a fact so unusual. He quotes Dr. Munroe as saying: "The human frame as a machine is perfect. It contains within itself no marks by which we can predict its decay." It is true, however, that marks of deterioration are found in most human bodies forty or fifty years old. There are deposits of bone in the arteries, for example. The hair falls off or whitens, the teeth drop out or decay, the ear becomes dull, or the sight grows dim. Man seems to be no exception to other animals in having a limited life on the earth. But that limit varies with constitutions, conditions, and habits of life. Men do not live out half their days. Among us the educated and well-to-do classes, who have good air to breathe, and proper food and clothing, and freedom from care, live to an average of about sixty years. The obituary column of the *Times* shows that great numbers of the upper classes live to be 80 or 90. A few pass the 100th year. On the other hand, the poor, over-worked, over-worried, under or badly fed, crowded into bad air and filthy surroundings, do not average 40 years of life. In some places the average has been as low as 27. Bad habits and bad conditions make life very short, and very miserable. Oh, for a Government that would take the means to change both habits and conditions! For it is to be noted that what lengthens human life increases human happiness. Every one who has made a study of sanitary science knows that the ordinary death-rate of this country could be reduced to one-half its present standard. The expectation or average of life could be doubled. Our horrible infant mortality could be almost entirely prevented. Our most fatal diseases are not natural to man, but of distinctly artificial production. The race does not die, it is slaughtered. The only *natural* death, or "death from natural causes," is that which comes from the gradual and painless decay of old age. That we do not believe even lemon-juice can prevent; but we are open to conviction. One of our correspondents is seventy years old, and is eating four or five lemons a day. We shall be curious to learn, say twenty or thirty years hence, how they agree with him. If he happen to have any spikes of bone in his arteries, the citric acid may dissolve them.

That lemon-juice is an admirable anti-scorbutic has long been known. That lemonade has cured fevers, and is the most grateful of drinks, is a matter of experience. The juices of all the acid fruits are blood-purifying. In Rio lemons sell for a penny a dozen, and they are most plentiful in the season of yellow fever. It is natural to think that bane and antidote go together. No hygiest doubts that London is much the better for the abundance of oranges. What is the grape cure but the triumph of a delightful fruit acid over the diseasing impurities laid up in the system? In June we shall have in England our strawberry cure, currant and gooseberry cure, and so on. We wish all delicious fruits were more abundant.

Bread and fruit are the natural, healthy, and all-sufficient food of man. He was never intended to eat the flesh of animals. He is not naturally carnivorous. Pure, good bread, containing all the elements of wheat, rye, barley, oats, or maize, eaten with a good proportion of fruit, is the natural food of man, and therefore the best adapted to free him from disease, and give him a long, vigorous, and happy life upon the earth.—*Herald of Health.*

BATH BRICKS.—A recent part of "Our Own Country" (Cassell and Co.) has the following:—"Bridgewater in the present day, and for many years past, has been noted, apart from its history, for little more than one thing—namely, for its Bath brick works, which are by the riverside, about half a mile above and the same distance below the bridge. It is the only place in the world where these articles are made. They are formed of a peculiar mixture of clay and sand, which the flood and ebb tide deposit in turn at the above-named points. The sediment having been removed from the river is consolidated by drying, and cut into oblong masses, which are as well known as Bath bricks, in China as in England, in Damascus as in London—but why so called is difficult to say. The story is that they were called Bath bricks because when first brought into notice, at a date that was contemporaneous with that of Bath buns, the manufacturers thought they could thus secure a better sale than if they were named after such an obscure place as Bridgewater. The business gives employment to a great number of persons, 8,000,000 bricks, valued from £12,000 to £13,000, being made every year."

THE BRAIN.—Many people whose blood is poor suffer from a deficient supply of that fluid to the brain; this gives rise to many disagreeable symptoms, but more especially to headache. The pain is usually felt in the temples and at the top of the head. It is not very severe, but is just as if something were pressing down and out from the inside. It is increased by abstinence from food and by the erect posture, and is often removed by lying down. It is intensified, too, by thinking, reading, writing, &c. It usually comes on in the morning, during dressing, goes off after breakfast, comes on again before luncheon, and so on. The pain is often throbbing in character, and is accompanied by a feeling of fulness and weight, so that people often think there is determination of blood to the head. In addition to the headache there may be noises in the ears and a general sense of pulsation all over. The noise is heard on both sides, and is rumbling and low-pitched, like distant cart-wheels. All these symptoms soon pass off when a little attention is paid to the general health. The great thing is to take plenty of good, nourishing food, and to remove the anæmia, or poorness of blood, by iron and the other remedies recommended when speaking of that complaint.—From the *Family Physician* for June.

The hair of the artist turns white, but his eye shines clearer than ever, and we see that age brings him maturity, not decay. So it would be with all were the springs of immortal refreshment but unsealed within the soul; there they would see from the lonely chamber window the glories of the universe, or, shut in darkness, be visited by angels.—*M. Fuller.*

A proper secrecy is the only mystery of able men; mystery is the only secrecy of weak and cunning ones.—*Chesterfield.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME.

LONDON: MAY 29th, 1880.

THE SOCIETY OF ARTS CONFERENCE ON PUBLIC HEALTH.

THE annual Conference will be held on Thursday and Friday, the 10th and 11th June, at 11 a.m. each day, the Right Hon. James Stansfeld, M.P., in the chair, assisted by the members of the Executive Committee—Lord Alfred Churchill (Chairman of Council); F. A. Abel, C.B., F.R.S.; Sir Henry Cole, K.C.B.; C. N. Cresswell; Col. Sir E. Du Cane, K.C.B.; Major-General Fred. Cotton, R.E., C.S.I.; Capt. Douglas Galton, C.B., F.R.S.; T. W. Keates, and Dr. Voelcker F.R.S.

It has been thought well that, at the Conference for the present year, the following subjects, suggested by previous Conferences, should be discussed. It must be understood that neither the Council nor the Executive Committee of the Conference express any collective opinion on the various points which they recommend as suited for discussion:—

I.—ADMINISTRATIVE ORGANISATION.

1. COUNTY BOARDS.—The necessity for further legislation with a view to develop and strengthen local government administration throughout the kingdom, especially by the constitution of County Boards.

2. SANITARY DISTRICTS.—With regard to the local authorities of urban and rural sanitary districts, that they should be constituted the local governing body for all purposes for which their area is fit, thus enlarging and elevating their functions; and by entrusting functions requiring larger areas to groups or combinations of such districts.

3. ELECTION.—Election of members by ballot, instead of by voting-papers.

The holding of all local elections on one and the same day, so as to minimise the trouble and economise the time of the electors.

4. LOCAL GOVERNMENT BOARD INSPECTION.—The advisability of strengthening the administrative organisation of the Local Government Board, whilst diminishing centralisation and correspondence,

II.—AMENDMENT OF THE LAW.

1. PUBLIC HEALTH ACT, 1875.

2. POLLUTION OF RIVERS ACT, 1876.—Amendments desirable in the Rivers Pollution Prevention Act, 1876. 39 and 40 Vic., c. 75.

III.—SANITARY INSPECTION AND CLASSIFICATION OF DWELLINGS.

Discussion of the following resolution:—

"That it is expedient that the Metropolitan Board of Works within the Metropolis, and the County Board within each county, should be empowered by the Legislature to make provision for the inspection and sanitary classification of dwellings, upon application being made by the owners thereof; and to grant certificates of healthworthiness in different categories, for terms of years, according to the perfection of sanitary equipment and fitness for habitation of such dwellings; and to determine the scale of fees to be paid for such inspection during construction and repair, and also upon delivery to the applicant of the certificate of classification awarded to such dwelling."

[N.B.—The conditions and mode of granting these certificates would be analogous to the practice of the department of "Lloyd's" Association in granting certificates of class and seaworthiness to the mercantile marine.]

IV.—FURTHER SUGGESTIONS BY SANITARY AUTHORITIES.

An Exhibition of Sanitary and other Appliances in connection with Water Supply, Sewage, and Health will be held during the Conference. All articles for exhibition must be delivered, carriage free, at the Society's House, John Street, Adelphi, not later than Saturday, the 5th June, 1880. Manufacturers and others desiring to exhibit should communicate at once with the Secretary of the Society of Arts.

CURRENT OPINIONS AND EVENTS.

MR. PLIMSOLL, in resigning to the Home Secretary a seat he was sure of as long as he cared to represent Derby in the House of Commons, has shown that he can serve his party to the extent even of sacrificing his own position. The act has added to the popularity of the already popular sailors' friend. For less signal services, peerages have been awarded in numerous instances; and if Mr. Plimsoll is willing to forego the excitement of the popular legislative chamber for a seat in the calmer atmosphere of the House of Lords, we think it would be a graceful thing to confer a peerage upon him.

That Sir William Harcourt is alive to the great service Mr. Plimsoll has rendered himself and the Government is evident from his public declarations on the subject. Speaking at a public meeting of electors of Derby on Saturday last, the right hon. gentleman said:—

"This act of Mr. Plimsoll, in giving up what might be, from past circumstances, considered a safe seat, he was sure, had been undertaken entirely on behalf of the public service, and was only characteristic of every act of the life of the hon. gentleman. When travelling in the train on Friday, he saw in *Punch* a picture which depicted a man overboard, and he thought that the draughtsman must have guessed Mr. Plimsoll's secret; for if a distressed seaman had to look for assistance anywhere, he would look for it at the hands of Samuel Plimsoll. (Cheers.) It was the habit among the ancient Romans for those who had escaped from shipwreck to hang up their dripping vestments in the temples of their gods; and he, if he should be rescued by the borough of Derby, might hang up his vestments in that city. He could not tell them the relief it was to him, after the troubles and agitations of the past few weeks, to find himself at last in what he hoped he might see opening before him, a commodious, vast, and safe harbour in which he might drop his anchor."

In returning thanks for his unopposed election on Tuesday last, Sir William Harcourt said :—

"Mr. Mayor, Ladies, and Gentlemen,—It is a habit in Continental countries for persons, sir, who hold your office to celebrate civil marriages. The happy couple present themselves before the Mayor, who generally, I have observed on those occasions, wears a scarf, although you have none. (Laughter.) And they are united in indissoluble matrimony. Well, sir, you have assumed that function to-day between myself and the borough of Derby. (Cheers.) And if the old saying be true that—

'Happy is the wooing
That is not long a-doing,'

it is a fortunate alliance. I think it was on Wednesday that my good friend that sits on my right proposed my name for this match. (Laughter.) On Friday it was that I came down to be looked at—(renewed laughter)—on Saturday I proposed and was accepted—(loud laughter)—and on Tuesday the ceremony is performed. (Laughter and cheers.)"

At the same time the Home Secretary fittingly made the following reference to Mr. Plimsoll's conduct :—

"The example that Mr. Plimsoll has set of a noble self-sacrifice is an act to which the public opinion, not of Derby alone, but of all England, has done justice. (Cheers.) It is a lesson—I think to all of us—it is a lesson especially to me, and I venture to think that, when all of us are gone, it is a lesson of public life that will not be forgotten."

Anent Mr. Bradlaugh and the House of Commons, "Historicus"—not the Home Secretary, we presume—contributes a suggestive letter to the *Echo* upon "Swear not at all." He says :—

"I beg to ask the simple question whether we are Christians living in a Christian country? It appears to me that we set up a Christianity in diametrical opposition to the distinct teachings of its Founder. Nothing could be more peremptory than Christ's commands in His Divine Sermon on the Mount, the only true basis and corner-stone of Christian ethics, than these words :—

"'I say unto you swear not at all; neither by heaven, for it is God's throne; nor by earth, for it is His footstool; neither by Jerusalem, for it is the city of the great King. Neither shalt thou swear by thy head, because thou canst not make one hair white or black. But let your communications be, Yea, yea; nay, nay: for whatsoever is more than these cometh of evil.'

"Now, who is in the true sense of the word the better Christian—he who conscientiously wishes to carry out Christ's command, or he who, as an attitudinising Christian *par excellence*, is ready to break Christ's clear and indisputable enactment? It is a sad fact that Christianity had from its very foundation down to our own times no greater enemies and detractors than the dogmatic fanatics who, ignoring the fundamental principles of Christ's teachings, have turned its sublime truths into a system of Hebrew-Egyptian-Buddhistic formulæ, according to which forms are everything and the spirit is to be dead. I trust that honourable members of the first and most enlightened legislative assembly in the world will ponder on the 5th chapter of St. Matthew before by their vote they compel one of their members to break Christ's commandment."

Last week an Exhibition of Co-operative produce was held, in connection with the Annual Co-operative Congress, at Newcastle. The Exhibition was opened by Mr. Thomas Burt, M.P., who, in the course of an interesting and instructive speech, said :—

"Co-operators can talk, and talk well and to good purpose, as I doubt not will be clearly shown before this Congress is over. But now they have invited us, not to hear speeches, but to see an exhibition, to observe what they can do, and to enable us to form an opinion as to what they are capable of doing. The articles here collected are all produced by co-operators. Having had serious failures in co-operative production, it is exceedingly gratifying to see such clear evidence of success as we now behold. The men who have produced these articles have not only declaimed against and criticised the existing industrial system—perhaps they have not declaimed at all—but they have done something better—they have shown practically how good work may be performed under a new and an improved system. On an occasion like this I need not dwell on the merits of co-operation. The system needs no advocacy. It is no longer on its trial. It is now among established things, and requires no words of mine, or of any other man, to recommend it. We all rejoice at its steady and rapid progress. Whatever may be the future of co-operative production, co-operative distribution has already proved a complete success. Those who may be disposed to take a despondent view of the future of co-operative production, would do well to remember that forty years ago co-operative shopkeeping had been tried, and was condemned by many as an utter failure. It was just as much under a cloud then as productive co-operation is now; indeed, it was under a denser and more impenetrable cloud. It was not dead, however, but only sleeping; it is now striking its roots deeper and spreading its branches wider every day, and is one of the most potent and beneficent social forces operating among the working people at the present time.

"The seed,
The little seed they laugh'd at in the dark,
Has risen and cleft the soil, and grown a bulk
Of spanless girth, that lays on every side
A thousand arms and rushes to the sun.'"

Speaking at the annual meeting of the Railway Provident Savings Banks, on Monday last, the Archbishop of Canterbury said :—

"Paley was credited with saying that the greatest happiness in this life belonged to the man who had a good conscience, a good digestion, and was not in debt. They knew that the best bank might fail, and health might fail, and thus a man's independence might be seriously interfered with, but a good conscience could not fail a man without some fault of his own, and after all, when urging men to thrift, it was rather the habit of mind they were urging—the good moral qualities which would secure real independence, and whether banks or health failed, would stand a man in good stead to the very end of life, and after life was over. Such institutions as these had a vast influence on the whole social system of the country to which they were proud to belong, and the men who threw themselves heartily into the endeavours that society was trying to foster would prove themselves to be most useful members of the great, free, and enlightened country of which they rejoiced to be citizens. (Cheers.)"

The Temperance Provident Life Association held its annual meeting last week, and according to the report submitted, satisfactory progress was made during the preceding year. A great interest attaches to this institution from the fact that the total abstainers and the drinkers are kept in distinct sections. Mr. Hardy, the actuary, reported the mortality on whole-life policies to have been as follows: Expected claims in the

temperance section, 196, for £40,844. The actual claims were 164, for £28,690. In the general section 305 were expected, for £64,342; the actual had been 326, for £74,950. The following had been the mortality: Experience for the four years that had elapsed since the last division of profits, viz., 730 claims, for £149,580, expected in the temperance section; actual claims, 515, for £102,767; 1,714 claims expected in the general section, for £245,131; the actual had been 1,176, for £253,399. As in previous reports, the results are highly favourable to temperance.

Sir Wilfrid Lawson ran his annual tilt against the Derby on Tuesday last. The hon. baronet is equally earnest against drinking and racing—and he has been so long in a minority that we fancy he will question the soundness of his position and institute a process of self-examination whenever he finds himself in a majority. Respecting the nobility of the national amusement, Sir Wilfrid said :—

"There is nothing noble or manly about horse-racing. It has not even the manliness there is in fighting. We know that in this Christian country one of the most noble and manly things is to kill somebody else or get killed yourself; but there is little chance of that at the Derby. What is there manly in hiring these jockeys to win money for you? To call that noble is the greatest abuse of terms I ever heard. (Hear, hear.) Then, to call it a national sport! In one sense I admit that it is national. I admit that many thousands of all classes of people take the greatest interest in it. The newspapers, which write about things that will sell, are full of accounts of races and jockeys and trainers, and I quite admit that there are hundreds and thousands of people who take more interest in the state of the odds than in the state of Europe. It is popular with persons of all classes. I remember that the Lords' Committee on Intemperance, on which there were two archbishops, were obliged to suspend their sittings during Goodwood Week. (Laughter.) But it is not a national institution in the sense which the hon. member means, because there is a large proportion of the people who are opposed to it. Drinking is a national amusement just as much as gambling. It is the most popular national pastime we have. Yet, what would the House say if the hon. member for Derby on this side (Mr. Bass) or the hon. member for Middlesex on the other (Mr. Coope), were to propose that we should adjourn in order that we should have a special day for drinking—(loud laughter)—a mere drinking holiday, a special day! It would be every bit as national. (Hear, hear.) But you say it is not gambling, it is sport. It's all nonsense. Don't tell me they run horses for sport. If all these noblemen and gentlemen ran for nothing but sport there would be no stakes and no added money. They would meet together in a park and see which man's horses went fastest. The whole thing is an attempt to live by their wits, and I say the proposal is not worthy of this House. (Cheers.)"

IMPORTS OF DISEASED PORK FROM AMERICA.

By P. L. Simmonds.

A very severe plague, of an extremely infectious character, has been for some years spreading and devastating the vast herds of swine in the United States, which has at last become so wide-spread, and so fatal in its contagious results, that the Government has instituted an official investigation, the result of which has been recently published in a special report by the Department of Agriculture, which occupies nearly 300 pages, containing the reports of nine or ten medical men and veterinary surgeons on this serious disease; and it is illustrated by about seventeen microscopical and enlarged coloured plates of the various diseased tissues, parasites, &c.

Though long confounded with typhoid fever, anthrax (malignant pustule), erysipelas, measles, scarlatina, &c., the present swine disease appears to be distinct from all of them, and may be defined as a specific contagious fever. It seems highly important that public attention should be drawn to it, in view of our enormous imports of American pork in various forms.

North America is the largest pork-raising country in the world, its swine numbering over twenty-eight millions, as officially recorded; but the actual numbers are believed to be at least thirty-three millions, Russia standing second, numbering about twelve million pigs. Pork-raising is, therefore, an important element in the agricultural wealth of the great transatlantic republic; and as they send away for foreign consumption such a large supply of pork products, it behoves the consuming countries to watch closely the character of the meat supplied, and to be certain that its consumption is in no way injurious to public health.

Our imports of foreign pork of late years have been very large, and chiefly from America. The following are the official figures of these imports :—

	1878.	1879.
Live Swine	55,911 ...	52,267
	cwts.	cwts.
Bacon	3,466,565 ...	3,996,922
Hams	797,336 ...	906,121
Pork, salted	369,500 ...	400,591
,, fresh	18,222 ...	40,049
	4,651,623	5,343,683

Besides this, we have the import of 840,000 to 900,000 cwt. of lard from America. Although we have not yet the specific details of countries shipping for the last year, yet the returns for 1878 show that the bulk of our imports are from the United States, and over 17,000 live pigs came from there in 1878, which may serve to introduce among us this frightfully contagious disease, of which cases are already recorded.

The imports of pork products from the States, in 1878, were—

	Cwts.
Bacon	3,169,025
Hams	790,348
Pork (salted)	322,148
Pork (fresh)	6,451
Lard	901,214

Now, judging from these imports (none of which are re-shipped), added to our home production of pork, the flesh of swine enters more largely into the British food supply than would be generally supposed. More than 250,000 pigs are sold annually in the Paris markets, besides those killed annually for household use, and the sale of some 500 tons at the annual ham fair, in Lent. Hungary supplies a great quantity of bacon and lard to the whole of Europe, besides its "salami," or polonies as big as a man's arm, which are largely consumed throughout the Austrian Empire.

It is admitted that trichinosis is very prevalent and fatal on the Continent, which can scarcely be wondered at, seeing that bacon and ham are so frequently eaten raw, and that the pork sausages and polonies are not sufficiently cooked to destroy the vitality of the parasite.

The investigations in America show that the parasite worms of swine are numerous. The whip-worm (*Tricocephalus Dispai*, or *crematus*) has been found in large numbers in pigs that had been fed on raw offal. Many years ago Dr. Fletcher called attention to the destructive effects of the lard-worm (*Stephanurus dentatus*) on the liver and other internal organs, and even attributed the hog cholera to its ravages. So with the *Trichina spiralis*, the hook-headed worm (*Echinorhynchus gigas*), the common measle hyatid (*Cysticercs cellulosa*) and the liver flukes (*Fasciola hepatica* and *Distomum lanceolatum*). The lung-worm prevalent in the present swine plague is the *Strongylus elongatus*, Dry.

The origin of this hog disease in America is attributed to various causes, to overcrowding and filth, to breeding in and in, to the general feeding on Indian corn alone, much of which has been kept and exposed to the elements for some years, to want of liberty, &c. But it is not necessary here to go into causes, or to give medical descriptions in detail. The disease is evidently a very ugly one, and the flesh, however prepared, cannot be wholesome or pleasant eating. The quotation of a few of the professional opinions given may, however, be beneficial.

That many of these diseased animals are shipped for human food appears to be admitted. Mr. D. E. Salmon, a veterinary surgeon, reporting to the Commissioners of Agriculture, says (page 130 of the report), "One man remembers that he was employed by the drovers to kill the animals that were sick, and cure the meat; these animals had diseased lungs, and such a bad odour that they could scarcely be dressed."

Mr. Charles M. Keyser, of Cedar Point, Page County, Virginia, thus describes the disease: "Upon examination of those slaughtered, I found their lungs and livers in a very bad condition. The lungs were very much darkened and decayed, and the pores, or small tubes, were filled with worms about the size of a hair: they varied from one to three inches in length, and seemed to completely choke the hog. In colour, they resembled that of the kidney worm, though they were not so large. I had no microscope, and could not make a close examination. The liver was full of boils, and seemed to be in a perfectly torpid condition."

Mr. James Law, another of the reporters, is of opinion that "in the many places where the hogs are turned out as street scavengers, and meet from all different localities, such liberty should be put a stop to wherever the disease appears in the district, and all hogs found at large should be rendered liable to summary seizure and destruction."

Dr. Reuben F. Dyer, thus reports (page 160) "Aggregating a large number of cases in the same herd, you will find all the tissues diseased, but more particularly the lung tissues and the mucous membrane of the intestines."

Dr. Detmers recommends: "1. That any transportation of dead, sick, or infected swine, or even of hogs or pigs that have been the least exposed to the contagion, or may possibly constitute the bearers of the same, must be effectually prohibited. 2. Every one who loses a hog or pig by swine plague must be compelled by law to bury the same immediately, or as soon as it is dead, at least four feet deep, or else to cremate the carcass at once, so that contagious or infectious principles may be thoroughly destroyed, and not be carried by dogs, wolves, rats, crows, &c., to other places."

Dr. D. Y. Voyles reports that the approach of the complaint in any given locality is the signal for the selling of every marketable animal to the summer packers, and yet in the year 1876, there were boiled down for their fat, in the county of Bartholomew, no less than 100,000 animals that died of disease, in that and adjacent counties. In North Carolina the losses from the disease in the year ending April, 1878, were estimated at 260,000.

Dr. R. F. Dyer reports that, aggregating a large number of cases in the same herds, it will be found that the infectious poison invades all the tissues to a greater or less extent, but more particularly the lung tissues, and the mucous membrane of the intestines. He forcibly remarks: "When it shall become universally known that diseased animals are being continually slaughtered and packed for shipment, when Europe shall learn that we are sending them cholera hog-meat to eat, then one of the greatest sources of revenue to this country will be seriously damaged. It is a notorious fact that the stock-yards in Chicago are full of diseased animals. Commission men say that they are selling that class of hogs for slaughtering and packing, and think nothing of it. I know that in the yards of this town (Ottawa, Illinois), hogs die from this disease, and as healthy hogs are put into the yards preparatory for shipment, they will, of necessity, contract the malady. They are sent to market, and about the time they should be slaughtered are taken sick. I know this is not a very pleasant picture for those that like a steak of ham with eggs, but it is a true one; and when Congress can only appropriate the paltry sum of ten thousand dollars to aid in trying to stop this annual loss of twenty or thirty millions of dollars, worth of property, I want every Congressman to just reflect that almost everything he eats has a little lard in it, and that every time he calls for ham he may be eating a piece of 'cholera-hog.'"

This is not a pleasant subject to discuss, but it is one of paramount interest, which should be taken up in a legislative point of view for the interest of the people at large, and to which the public analysts might direct their attention with advantage.—*Society of Arts Journal.*

The best rules to form a young man are to talk little, to hear much, to reflect alone upon what has passed in company, to distrust one's own opinions, and value others that deserve it.—*Sir W. Temple.*

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

ON SAVING LIFE AT FIRES—MR. TWINING'S SUGGESTIONS.

To the Editor of "HOUSE AND HOME."

SIR,

I read the very valuable and practical suggestions of Mr. Twining, together with your remarks thereon, with great interest. It is of the utmost importance that such simple means of saving life should be widely and generally known. Is there not a society among the numerous existing ones that would undertake to carry out your suggestion, and print and circulate a placard embodying plain directions in case of fire?

I would also suggest that Mr. Twining should repeat in your columns his illustrated explanation of his methods, as a diagram educates through the eye often when letterpress fails to attract and fix attention.

If he will kindly undertake to do this, and you will give space—as I dare say you would—perhaps you may undertake the publication of the information in a striking placard.

Yours &c.,

London, May 24th. W. JAMES.

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

To the Editor of "HOUSE AND HOME."

SIR,

It would be very presumptuous, as well as useless, for those who do not belong to the medical profession to enter the lists with those who do, and discuss the wisdom or folly of giving a stimulant to a person with a languid pulse, in order to excite it. But if your medical objector to this treatment wishes it I can furnish him, privately, with the name and address of the physician who ordered it, and they could then fight out the battle on common ground, and if they would give the result, or the correspondence itself, in your columns it would be interesting and instructive to your readers. But who shall decide when doctors disagree?

Another correspondent says that if flesh-eating is to be defended on Biblical grounds, so, by parity of reasoning, are also to be defended slavery, polygamy, wars of the most dreadful kind," &c. But he quite overlooks the distinction between a thing *permitted* and a thing *sanctioned*. All the evils and crime now existing in the world are *permitted*, for the Almighty fiat could stop them all in a moment. But who would dare to say they are *sanctioned?* This would be blasphemy—whereas I proved in my last letter—and unanswerably so—that animal food was sanctioned and provided. Many things were permitted during the dim light of the Old Testament which were put to rights and forbidden under the clearer light of the New Testament. Of this polygamy is a notable instance. I will give one more. In Acts xvii., at the close of that remarkable discourse by St. Paul on idolatry, he says, in verse 30, "And the times of this ignorance God winked at, but now commandeth all men everywhere to repent." And even in modern society parents and others in authority do, under *peculiar* circumstances, *permit* a thing which they would not wish to *sanction*. So that the distinction is important. Your correspondent C. H. Collins objects to the "Bible lesson" which was given, but does not attempt to answer it or deny its statements. If this *can* be done, a clergyman would be the right person to do it. E. B.

P.S.—It is rather amusing to observe the divergence of opinion expressed by your various correspondents on the subject of diet. One says that *toasted* bread should be avoided, as the fire gets the nutriment which the consumer ought to have. But in last week's issue toasted brown bread is recommended. One advises us never to take tea; a second says we may take it, but it should never be allowed to stand longer than two-and-a-half minutes, or the injurious properties will be drawn out. A third says it should stand six or seven minutes in order thoroughly to draw out the nutritive properties. Again we are constrained to ask, who shall decide when doctors disagree?

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.
Tennyson.

Hearts should not be always gay,
Lest they show more wit than reason;
Flowers that bud or bloom to-day
Each has its appointed season.
Suns may rise, and stars divine
Shed their radiance clear and tender;
But if they did always shine,
Who would care about their splendour?
G. Linnæus Banks.

Many a man has a kind of kaleidoscope, where the bits of broken glass are his own merits and fortunes, and they fall into harmonious arrangements and delight him, often most mischievously and to his ultimate detriment, but they are a present pleasure.—*Friends in Council.*

"What are those teeth for, grandmamma?" said little Red Riding-Hood to the wolf. "What are those laws for?" might many a simple man ask in like manner of his rulers and governors. And in sundry instances, I am afraid, the wolf's answer would not be far from the truth.—*Guesses at Truth.*

In days not ar distant men ound their excitement, and filled up their time, in violent bodily exercises, noisy merriment, and intemperance. They have now, in all but the very poorest classes, lost their inclination for these things, and for the coarser pleasures generally; they have now scarcely any tastes but those which they have in common with women, and, for the first time in the world, men and women are really companions. A most beneficial change, if the companionship were between equals, but being between unequals it produces what good observers have noticed though without perceiving its cause, progressive deterioration among men in what had hitherto been considered the masculine excellences. Those who are so careful that women should not become men, do not see that men are becoming what they have decided that women should be—are falling into the feebleness which they have so long cultivated in their companions. Those who are associated in their lives tend to become assimilated in character. In the present closeness of association between the sexes, man cannot retain manliness unless woman acquires it.—*Westminster Review.*

There is a class of dreadful humble people, who make immense claims at the very time that they are explaining that they have no claims. They say they know they cannot be esteemed; they are well aware they are not wanted, and so on; all the while making it a sort of grievance and a claim that they are not what they know themselves not to be; whereas, if they did but fall back upon their humility, and keep themselves quiet about their demerits, they would be strong then, and in their place, and happy, and doing what they could.—*Friends in Council.*

I have observed that most ladies who have had what is considered as an education, have no idea of an education progressive through life. Having attained a certain measure of accomplishment, knowledge, manners, &c., they consider themselves as *made up*, and so take their station; they are pictures which, being quite finished, are now put in a frame—a *gilded* one, if possible—and hung up in permanence of beauty! permanence, that is to say, till Old Time, with his rude and dirty fingers, soil the charming colours.—*John Foster.*

'Tis not words but things, not names but reasons, not resemblances but realities, not sublimities but simplicities, that the sons of truth doth seek after.—*Tryon.*

The precept, "Know yourself," was not solely intended to obviate the pride of mankind but likewise, that we might understand our own worth.
Cicero.

THE HOUSEWIFE'S CORNER.

SPINACH PUDDING.

To a quart of new milk add half-a-pound of bread-crumbs, two spoonfuls of sugar, six spoonfuls of salt butter, a little pepper and mace, and six well-beaten eggs. When this is well mixed, add a pint-and-a-half of spinach, half boiled and chopped fine. Butter a tin and strew it with bread-crumbs, put in the mixture and cover it over; put the tin (or basin) into a pan of boiling water, cover it up, and let it boil for an hour. When the pudding is cooked, let it stand a little while to get firm; turn it out on to a deep dish, pour milk sauce over it, thickened with yolk of eggs.—*Myra's Journal.*

BLANC-MANGE.

Boil one-and-a-half ounces of isinglass, three ounces of sweet and six of bitter almonds, well pounded in a quart of milk; let it boil until the isinglass is dissolved; then strain it through a napkin; stir it until nearly cold, and put it into the mould.

TAPIOCA CREAM.

One quart milk, two and a half tablespoonfuls tapioca, three eggs; beat the yolks with one cup of sugar; put the tapioca in the milk; set on the stove, heat, and dissolve, then put in the yolks with the sugar and boil; froth the whites and stir in.

HOW TO OBTAIN OUR SECOND VOLUME FREE OF COST.

The Lay Preacher says of this volume:—

"The second volume of *House and Home* is even an improvement upon the first. Mr. Pearce deserves great credit for the spirit with which this weekly is conducted, and for its high moral tone. As a cheap weekly paper, exclusively devoted to household matters, it stands unrivalled."

To extend the circulation of *House and Home* amongst new circles, and to encourage our friends for introducing it to others, we will send one copy of our second volume, handsomely bound, free by post, for every two new annual subscribers procured. The volume will be sent to the person by whom the orders and remittances are forwarded to us. The annual subscription for the paper is 6s. 6d.

PORTRAITS.

THE following Portraits are in preparation:—

RIGHT HON. SIR STAFFORD NORTHCOTE.
THE EARL OF DERBY.
W. H. SMITH, ESQ., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, ESQ., C.B.
&c., &c., &c.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get "the trade" to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway bookstalls.

HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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Registered for Transmission Abroad.

SIR JOHN LUBBOCK, BART., M.P., F.R.S.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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SIR JOHN LUBBOCK, BART., M.P., F.R.S.

Of the prominent men of the last Parliament who failed to secure their re-election at the recent general election, Sir John Lubbock was about the most popular. Indeed, the regrets that he was unsuccessful at Maidstone found almost universal expression in the Press throughout the country; and it is a matter of general satisfaction that he has been returned to the new Parliament before it has settled down to real business, for a constituency he is so peculiarly adapted to represent as the London University.

Sir John Lubbock, son and heir to Sir John William Lubbock, of Mitcham Grove, Surrey, was born at 29, Eaton Place, April 30th, 1834. He was transferred from a private school to Eton; but when only fourteen years of age his father, owing to the sudden illness of several partners in the firm, took him into the bank in Lombard Street, in which establishment he became partner in 1856. He not only mastered the science of banking, but made himself practically acquainted with its details, introducing improvements of great practical utility and public advantage. Among these perhaps the most important were the application of the advantages of the Clearing House to the cheques, drafts, and bills of country bankers, thus expediting a large amount of business; and the publication of the "Clearing House Returns." His high professional reputation led to his choice as hon. secretary to the Association of London Bankers, and to his appointment by the Crown upon the International Coinage Commission. He also served upon the Public Schools Commission and the Advancement of Science Commission. In March, 1878, he was appointed a trustee of the British Museum, succeeding the late Sir William Stirling-Maxwell; and in the same year the honorary degree of LL.D. was conferred upon him by the Dublin University. Sir John is Vice-Chancellor of the University of London.

His works upon the ancient vestiges and remains of man are characterised by much patient research and striking originality in the manner of their treatment of a recondite subject. His "Prehistoric Times" was published in 1865 (3rd ed., 1872); "The Origin of Civilisation and the Primitive Condition of Man" in 1870; "The Origin and Metamorphoses of Insects," in 1874; "On British Wild Flowers," in 1875—while a number of smaller treatises from his pen on zoological, physiological, and cognate subjects will be found in the *Transactions* of the leading learned societies, of most of which Sir John is a member. He has been President of the Ethnological, Geological, and Entomological Societies, and of the Anthropological Institute, and Vice-President of the British Association and also of the Royal Linnæan Society.

After being defeated as a Liberal candidate for West Kent, in February, 1870, he was returned for the county town—Maidstone—and he was re-elected at the general election of 1874, but rejected, as we have previously stated, in April last. In the House of Commons Sir John has chiefly dealt with financial and educational topics, upon which he may be said to be an authority. He has succeeded in carrying the following important public measures—the Bank Holidays Act (1871), by which four new statutory holidays were created; the Absconding Debtors' Act; the Apothecaries' Company Medical Act Amendment Act; the Falsification of Accounts Act; the Bankers' Book Evidence Act; the College of Surgeons Medical Act, and the Factory Acts Amendment Act—while his name has been more recently associated with the Ancient Monuments Bill. In 1870 he moved the "previous question" to Mr. Gladstone's resolutions on the Eastern Question.

On Wednesday last Sir John Lubbock was unanimously elected—the mover and seconder being Dr. Wilks and Dr. F. Wood—to represent the University of London in Parliament, in place of Viscount Sherbrooke. In returning thanks for the honour conferred upon him, Sir John said :—

"Certainly this much I may say for myself, that you could not possibly have elected any one who felt a deeper interest in the prosperity and utility of the University of London. And, indeed, it would be almost unnatural if it were otherwise. I feel an hereditary interest in the University, for, as you know, my father was the first Vice-Chancellor, and he and I have successively occupied a seat in the Senate from the foundation of the University down to the present day. I have, gentlemen, two sources of regret on this occasion; firstly, that the House of Common has lost so brilliant a member as Lord Sherbrooke; secondly, that my friends who were suggested as your representatives cannot also be your members. There are six seats to be allotted, and I am sure that the University of London could fill them with advantage to the country. (Laughter.) . . . . . I have had occasion so often to differ from the late Government that I am glad to be able to thank Lord George Hamilton for the important improvement he has made in the education code by at length admitting the claims of elementary science. There are still, indeed, many points as to the mode of teaching and arrangement of subjects which require consideration, but these are points of detail. The Royal Society might, I think, usefully advise on the subject, and I am sure Mr. Mundella would consider favourably any suggestions they might make. As regards higher education, I should like to call public attention to a return which has recently been issued, showing the amount of time which is devoted to different subjects in our public and grammar schools. The result is, I think, in some respects far from satisfactory. The hours of study are, indeed, quite long enough, but we may still echo the well-known complaint

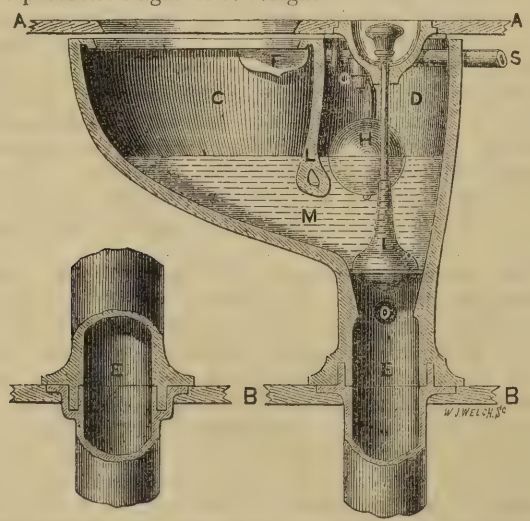
of Milton, that Latin grammar still occupies an undue place. (Hear, hear.) Even, now, out of forty hours a week not more on an average than one or two are devoted to modern languages, and even less to science. If four hours were devoted to modern languages and four to science, thirty-two would still remain, leaving ample time for Latin and Greek. The long period of agricultural depression through which we have been passing will not have been without some advantage if it forces on us improvements in our system of agriculture and in the laws relating to land. I rejoice that our present strong Government have announced their intention of dealing with the subject. Does it not also seem extraordinary that in such a country as ours there should be only one school devoted to agriculture; that we should have no forest school, so that young men who are going to be placed in charge of our great Indian forests have to learn their business in France or Germany; that no instruction is given in agricultural matters in any of the schools and colleges to which our landed proprietors send their sons; and that the education code practically excludes all elementary instruction in the processes of agriculture, the nature of soils, or the care of domestic animals, from our country village schools? I must not, gentlemen, omit to acknowledge the courtesy of the Conservatives in sparing us a contest. (Hear, hear.) Indeed, through the list of those who have been so good as to invite me to become a candidate, I find a considerable number—I believe nearly a hundred—of those who voted at the last election for the Conservative candidate. This mark of confidence on their part, based, no doubt, on academical or scientific considerations, is indeed a great honour. They would, I believe, be the first to blame me if I were on that account at all to flinch from or waver in my support of Liberal principles; but they may be sure that I shall endeavour honestly and to the best of my ability to judge every question on its own merits."

THE BUILDING EXHIBITION, FROM A POPULAR STANDPOINT.

III.—Sanitary Appliances and Plumbing.

(*Continued from page* 241.)

Messrs. Capper and Sons, 69, Gracechurch Street, exhibited Pearson's Patent Twin Basin Water-Closet, made in one piece of earthenware, said to ensure perfect cleanliness and absolute protection against sewer gas.



A, Seat.—B, Floor.—C, Main Basin.—D, Side Basin.—E, Connection with Soil Pipe.—F, Fan.—G, Self-Closing Ball Valve.—H, Copper Ball.—I, Solid Plunger.—L, Division between Main and Side Basins.—M, Aperture connecting Main and Side Basins.—N, Top of Overflow.—O, Discharge of Overflow into Soil-Pipe.—P, India-rubber Cylinder.—S, Service-Pipe.

The closet is now fitted with Jones's new patent joint, which is impervious to rats and mice.

Mr. D. T. Bostal, 18 and 19, Duke Street, Brighton, exhibited the Brighton Excelsior Valveless Closet, which, for simplicity of action and effectiveness, compared well with more pretentious exhibits. The Excelsior is comparatively cheap, and cannot get out of order.

Messrs. Ewart and Son's, 346, Euston Road, Crown Instantaneous Water Heater supplies a great want in hotels or railway stations; it enables a hot bath to be given at a moment's notice, sometimes a question of life or death, and it may be useful in many other instances. They also exhibited their copper baths, and the Empress Smoke Curer and Ventilator.

Messrs. W. Smeaton and Sons, 24, Moorgate Street, made the finest sanitary display within the Exhibition. We cannot even enumerate the exhibits of this deservedly famous firm of sanitary engineers. We notice, however, the Cast Lead Eclipse Trap, machine-made, which possesses many advantages. It is cast in one solid piece, without solder or seam, and therefore resists the pressure of sewer gas. It is cheaper, and at the same time more efficient, than others. The water-seat of one inch depth is perfect, free from the defects of "dip" and "syphon" traps. The body of water in the trap prevents the risk of syphonage, while the solid matter is discharged with ease. As a security against typhoid fever the Eclipse deserves attention. The New Patent Plug-Valve Closet is a speciality of the firm. In this, as in the Eclipse Trap, the risk of syphonage is avoided, and as it is made in one piece of earthenware, the escape of gas is guarded against. Arranged with an air-pipe branch attached to the highest part of the trap, a free and constant atmospheric circulation passes through it and the soil-pipe, keeping them always free from any accumulation of gas. The Eddystone Closet possesses similar advantages at a lower price. The overflow is trapped, and it can be regulated to recharge every time the handle is lifted. The sewer gas cannot enter by the overflow.

The New Patent Water-Waste-Preventing Valve Closet, allowed to be fixed by the New River and other water companies, not only ensures against waste, but also secures a perfect after-flush. The water cannot be left running, it works equally well under high or low pressure, and the waste-preventer can be attached with ease, and at slight cost, to any existing closet. The Sanitary Kitchen and Housemaid's Sinks, as shown at the Paris Exhibition, could be adopted with benefit in most households. The Imperial Needle-Bath exhibited combines the shower, spray, douche, and plunge baths, in hot, tepid, or cold water. For those who can afford this luxury, and the first expense will be the last, no appliance can surpass this bath. It does not occupy much space, and by making the bath pleasant and attractive, its use would tend to make the important hygienic process of bathing a daily habit. Altogether the exhibits of Messrs. Smeaton and Sons well represented the great advances being made in sanitary science in its application to building.

Fortune is like a market, where, many times if you wait a little, the price will fall.—*Bacon.*

OUR DOMESTIC HABITS.

THE useful remarks which appeared under this heading in our issue of May 15th on *personal* cleanliness might be supplemented by a few more on *domestic* or *household* cleanliness. How many people live and walk amidst dirt without ever giving it a thought or being conscious of it! Take the single example of carpets and rugs. An annual cleaning goes on in most houses. The carpets are taken up. The carpet-beater is desired to *well beat* them. This he does, and succeeds in ejecting perhaps all the *dust*, but what about the *dirt* that remains on the surface—which no beating can stamp out—the accumulated dirt of years? Let any one take a duster, and having dipped it in water, rub over a few inches of the carpet; after the *dusting* process, she will be utterly amazed at the *dirt*, especially if the carpet has been down for years. Or let a clean sheet be laid down for a week, or a fortnight, or a month, over a bedroom carpet, and observe at the end of these respective periods the condition it will be in. What then must be the condition of the surface of the carpet which has been down for many years, and merely subjected to this annual beating? Most carpets, especially Brussels, will stand the test of washing, and be wonderfully improved in appearance by it, as well as made wholesome. The annual beating should be supplemented by the annual washing (if not oftener), which is easily done when the carpet is nailed down. The landlady of a lodging-house was both surprised and pleased at the very improved state of her carpets when her lodger, who could not bear the dirt, paid a charwoman to come and wash them. The *Carpet Soap*, now sold by chemists, and perhaps by others, should always be used.

A PLEA FOR CLEAN CARPETS.

May 24th.

SCHOOLS OF COOKERY.

THE following review of the circulars of information relating to the training-schools of cookery, published by the Bureau of Education, Washington, was printed in the *Times* for April 16th. It shows what great results have followed from the founding of the National Training School for Cookery, established under the Commissioners for the Exhibition of 1851 at the International Exhibition of 1874:—

Practical instruction in cookery, advocated by eminent educationalists, is gradually taking its position in the courses of instruction pursued at elementary schools. When the Committee of Council on Education was called into being in 1840, instruction in household economy was to be given in these schools. But this idea was not effectively carried out, and the present movement for establishing classes for practical cookery is of modern growth, owing its origin chiefly to the National Training School for Cookery. The lectures on food and its various technical arts which were delivered at the International Exhibition of 1874 led to the establishment of that institution. In the following year the national importance of a knowledge of the properties and uses of food was marked by the Government offering to elementary schools a grant of 4s. per scholar who passed an examination in domestic economy, and this term included food and cookery. Edinburgh, Liverpool, Leeds, Manchester, Birmingham, Sheffield, and other large towns soon took part in the general movement, and the London and other School Boards have now formed centres for giving practical instruction in cookery. During the year 1877-8 grants under the Education Code were made to nearly 200 departments of elementary schools. This number will no doubt be increased as the payments upon results which are made under the rules of the Education Code, are so directed as to give more immediate stimulus to instruction in cookery. The grant of 4s. per scholar for domestic economy is now split into two 2s. grants on account of cookery and food. Teachers of practical cookery are, however, much wanted, as the training-colleges have not availed themselves of the privilege afforded them by the Education Department, which agreed to share the expenses of training a certain number of students from the colleges at the National Training School for Cookery.

Recent reports of Her Majesty's inspectors of schools dwell upon the importance of practical instruction in cookery. "The excessive waste in the labourer's kitchen is surely a crying evil enough to arouse the sympathy and interference of the Education Department, as well as of voluntary and charitable agencies." In spite of what has been and is being done, much remains to be done in this country to promote material prosperity by means of the proper uses of food.

Beyond the limits of the United Kingdom the influence of the National Training School for Cookery is being extended. Colonies like Australia, Canada, Ceylon, and New Zealand, are beginning to establish schools of cookery. We have now before us a report issued from the National Bureau of Education at Washington upon training-schools of cookery in the United States of America. A lady, Mrs. S. A. Martha Canfield, is officially charged with the care of subjects of domestic education in that office. It appears that "letters are received from persons who are devoted to the promotion of the welfare of mankind, and who have become alarmed as they have observed more closely the extent and serious character of the evils caused by bad cookery. This feeling has been emphasised by the distress which was caused by the late depression in business; and they desire more information of what has been accomplished by instruction in this subject, especially in Europe, which this office has peculiar facilities for obtaining.

A long account accordingly is given of the National Training School for Cookery at South Kensington, of the English Northern Union of Schools for Cookery, and of the Edinburgh and Liverpool Training Schools for Cookery. Little is said regarding instruction on the Continent beyond a passing remark upon the culinary thriftiness of the French as compared with other nations.

In several of the larger cities of the United States cookery clubs exist, the lady members of which are generally proficient in cooking. The New York Cooking School, under the direction of Miss Juliet Corson, is widely known as the foremost of similar schools in America. It commenced work in 1874. Lectures were given on analysis of articles of food and the effect they would have on the system after they were eaten. Directions were then given as to choosing and buying such articles. In the kitchen the class of pupils watched the operations as performed by Miss Corson and her assistants. Two years subsequently practice-classes for a limited number of pupils were instituted, and in 1877 a plain cooks' class for practice was opened under a Board of lady managers. In 1878, Miss Corson commenced organising local classes for teaching the working people; and she delivered lectures illustrated by demonstrations at various institutions like mission schools, orphan homes, and such-like. In the demonstrations she had the assistance of girls from the training-school.

Besides compiling handbooks on domestic economy and cookery, Miss Corson has framed a considerable scheme, which, if adopted, will lead to the establishment of schools for training children of the working classes, schools for the instruction of plain cooks, schools for high-class cookery, and normal schools of cookery, where ladies can be taught the theory and practice of domestic economy.

Following the example of New York, Boston has, with the assistance of Miss Maria Parloa, established a school of cookery. This lady has also helped in promoting similar work at Portsmouth, New Hampshire, at New London, Connecticut, and at Auburndale, Massachusetts. Montreal has its cooking-school. The Industrial University has founded a school of domestic science, which aims at preparing young women for the housekeeper's duties. The degree of Bachelor of Science is conferred upon scholars in this school, who successfully pass a series of examinations in the subjects comprised under the title of "domestic science." At Memphis, lectures on domestic economy are given in the Le Moyne Normal Institute, but as yet an experimental kitchen has not been provided to meet a want which is much felt. The Kansas State Agricultural College, Manhattan,

acknowledges the importance of instruction in domestic economy and hygiene. A "kitchen laboratory" has been here completely furnished, and affords "every facility for drill in the art of cookery." Domestic economy is fully taught at the Iowa Agricultural College, where the students have the use of both a kitchen and laundry. The Raleigh Cooking School is modelled after the pattern of the South Kensington and New York schools. At Washington, Miss Corson headed the movement, which appears to have received influential support, and which is leading to the establishment of a school of cookery. Activity has been displayed in favour of spreading means of giving practical instruction in cookery in other districts. The success which has attended the efforts hitherto made is in the main to be traced to the energy with which Miss Corson has prosecuted her labours.

In this country, as in America, all kinds of difficulties, pecuniary and otherwise, beset the carrying out of a system of practice-classes. To fit up kitchens, to supply utensils, and deal economically with materials, tax the powers of school managers, whose principal ideas of educational plant or *matériel* have been confined to books, slates, pencils, paper, and pens. They require advice and assistance in such matters at least, and it is in the power of the different educational organisations, whether of the State or of voluntary enterprise, to come to their aid. Cookery, an art of primary importance in advancing the domestic welfare of all classes of people, seems to deserve the attention especially of the various authorities who are at work to promote what is termed technical education.

On the same day a leading article appeared in the same paper, from which the following is an abstract:—

But none are more interested in good cookery than the poor. For their own needs they have to make the most of the least, the best of the worst, and everything with the fewest and humblest appliances, with no time to spare. The mother of the family has to clean and dress her children and get them off to school before she can do anything towards the dinner. In the evening there arises again a severer conflict between her maternal and her conjugal duties. The upshot of all is that the most conspicuous feature in the poor man's meal is its ready-madeness—that is, the very little aid received from art by nature. Boiled vegetables, dumpling, soaked bread, tea-kettle broth—that is, hot water with butter, or some equivalent, floating upon it—and a bit of boiled bacon, are the utmost meal provided for the poor man returning home cold, exhausted, and often wet through, at the end of a long day's work. The resources of the labourer's garden are few, and soon exhausted; and as for the herbs which Frenchwomen cull from the field and the roadside for the salad or the pot, the Englishwoman could not afford time for the search, even if her husband cared for a salad. But although the question seems thus reduced to a necessity admitting of small choice, it must not be forgotten that the English labourer's diet has changed much within memory, in some respects for the better, in others for the worse. He will have only the finest wheaten bread, to the exclusion of some important constituents in the grain; he knows nothing of barley bread, of rye bread, or any combination, or of oatmeal cake or porridge, while his vegetables have been reduced year by year down to the monotonous and unreliable potato. The general effect on the health and strength of the poor is a question. On the one hand, the children of the poor, always out of doors except when at school, and dining on hard dumplings or simple lumps of bread, are often healthier and stronger, and even more happy, than the more favoured child whom parents, nurses, and cooks are tempting with new delicacies, and doctors are waiting to rescue from outward infection or inward disagreement. On the other hand, it is a very common remark that the rising generation is a stunted one in comparison with the past. But it is not only for themselves that the poor have to learn cookery. They have to cook for their betters. At the age of fourteen the village girl, and often the artisan's child also, has "to go out to live." Her first essay is generally as a maid of all work, when she has to do all the cookery required for some very economical household. At any age after that she may be called on to assist in the kitchens of the rich, and unless the class of cooks is recruited from the ranks of common industry better than it has been lately, the rich will find themselves one day reduced to the painful necessity of cooking their own dinners, for the cry still increasing is that there are no cooks, and none can say where they are to come from. The school itself is largely answerable for the deficiency. Before the rigid and now universal enforcement of school attendance, the children saw a good deal of cookery, which, poor as it was, yet gave them some taste and an inkling of knowledge. They now see nothing, and they do nothing but read, write, sum, sew, or knit. Already physiologists are detecting in them the ill results of acquiring knowledge without the proper alternation of practical employment, and while we are casting about for some new remedy for a new complaint, we seem to have forgotten that we have withdrawn the poor children from their old healthy and instructive share in household duties. As the school has done some of the mischief, it is bound to do its part in mending matters. On the other side of the Atlantic as will be seen by a paper in another column, some zealous ladies are doing their best to organise lectures, schools of cookery, and kitchens for demonstration. Our own department began with confessing the want, and has proceeded so much further as to offer head-money for the children that pass in cookery or domestic economy, and to provide also the opportunities for a course of instruction to the pupils in the training-colleges. Yet it is evident there the matter stops. Nothing serious is done. Other subjects are allowed to press their superior claims to notice, and at this moment we are even nearer than ever to the often foretold consummation, when with the best gifts of nature and the highest agricultural skill—indeed with the best flesh, fish, and fowl in the world, we shall not be able to turn them to account because we have none to cook them.

BURNS AND SCALDS.

Burns and scalds are the result of the application of excessive heat to the body. When this injury is caused by a solid body or by fire, it is called a burn; if by a hot or boiling fluid or liquid, it is then called a scald. Burns and scalds vary extremely in degree and extent from simple congestive redness and pain without much injury, to charring and death of flesh, muscle, and even bone. As a rule, the more extensive a burn is, even though it be only superficial, the more dangerous it is to life. As, for example, a wide-spread scald over a large surface, like the chest or abdomen, is more serious in its consequences than the complete destruction of a part, as the hand or foot. The constitutional effects of these accidents are very serious, and the patient is for some time liable to the danger of certain complications, as congestion of the brain, pneumonia, ulcer of the duodenum, lockjaw, &c. After a severe burn or scald, there is generally a fit of shivering, indicative of great nervous shock, and this is followed by a state of quiescence, which, in children especially, ends frequently in death from congestion of the brain. Pneumonia, when it occurs, generally sets in during the period of re-action, and irritative fever and death may then result from either this disease, or from inflammation of the bowels, or from the perforating ulcer of the duodenum already mentioned. A complication peculiar to this accident, tetanus, or lockjaw, generally occurs during the process of healing. *Treatment:* This must be constitutional and local. If the burn or scald is severe, and there is shivering, with other indications of great nervous shock, then hot brandy and water should be freely administered; to this some sedative solution of opium may be added, under medical advice, and subsequently ammonia and bark may be useful. The clothes must be very gently removed from the injured parts, soaking them when necessary in tepid water. The burns or scalds should then be thickly dredged with fine wheat flour, and thoroughly enveloped with soft cotton-wool, which must not be removed until it has become offensive. The resulting raw surface will be best treated with the common chalk or zinc

ointment, and great care must be taken in certain parts, as the neck, &c., that the natural position should be maintained, and that no deformity should result from too rapid healing. If the fingers are injured, they must be carefully separated and kept so by the dressings, and it is usual to apply splints in the neighbourhood of joints, to keep the parts extended and to prevent contractions. Although the flour dredging and the cotton-wool have been recommended as the best remedies because most simple and attainable, it is only right to name a few of the other applications, each of which has its advocate. Amongst these may be mentioned painting the part with a mixture of collodion and castor-oil two parts to one, with a solution of nitrate of silver fifteen grains to the ounce, wrapping in soft wool, dressing with carron oil (a mixture of linseed oil and lime-water), applying turpentine and stimulating liniments, &c.; but in all, the main object is to exclude air from the injured part. It may not be out of place here to give some directions how to act in case the clothing takes fire. The first impulse of the sufferer is to rush anywhere, and this movement, by causing a draught, increases the flame, and must therefore be restrained. If the burning clothes cannot be immediately torn off, the person should be laid on the ground, and anything at hand, as rug, blanket, carpet, table-cover, or shawl, should be thrown over the flame, and the person rolled about quickly from side to side. Water, of course, if it can be had, should be freely used. When the fire is extinguished, the burnt clothing must be cut away piecemeal, or soaked with tepid water before removal, and the patient treated as already described. Burns or scalds of the throat internally must be treated with ice and cool drinks, and if there is danger of suffocation, the operation of opening the larynx will be necessary. —*Cassell's Domestic Dictionary.*

NEW BOOKS AND PUBLICATIONS.

Real Property Handbook. A Practical Guide for the Purchasing, Selling, Letting, Repairing, and General Management of Property. By Geo. H. Larmuth. Second edition. Manchester and London: John Heywood.

We are not surprised that Mr. Larmuth's handbook has reached a second edition. The information given is reliable, and we do not know of any similar work containing so much matter of interest to owners and occupiers of property. The facts and tables relating to building societies may be studied with advantage by intending investors in such institutions.

A Temperance Reading-book for the use of Juveniles. By John Ingham, Ph.C., &c. London: National Temperance Publication Depot, 337, Strand.

The existence of Dr. Richardson's "Temperance Lesson Books," and Dr. Ridge's "Primer" rather assists than otherwise this and similar works. The "Reading-book" contains important information in a popular form, and cannot fail to be useful.

When the Ship Came Home, and other Stories. By J. W. Dungey. London: National Temperance League Publication Department, 337, Strand.

This is another of the tastily got up little volumes of fiction for which the depot is becoming famous. The circulation of this series is likely to promote the objects of the League, especially amongst the young; and "When the Ship Came Home" is sure to be popular with the children.

Practical Cookery. By Marian Smithard. London: Page and Pratt, 5, Ludgate Circus Buildings.

Besides hints to mistresses, wives, and servants, this useful little manual contains nearly 300 receipts, arranged with a view to promote economy. The authoress rightly contends that good cooking need not be expensive.

Evidence on the Closing of Public-Houses on Sunday, given before the Lords' Select Committee on Intemperance. By Edward Whitwell, Esq. London: Elliot Stock, Paternoster Row.

Mr. Whitwell is one of the hon. secretaries of the Association for Promoting Sunday Closing, and he has for many years given special attention to this question. Hence his evidence is valuable, and its circulation in its present form, especially amongst thoughtful and religious people, is calculated to deepen their interest in the subject.

A Famous Boy. By Frederick Sherlock. London: *Hand and Heart* Office, Paternoster Buildings.

This is the substance of an address delivered by Mr. Sherlock to some scholars at Westbourne Park, on the occasion of the anniversary of the Church of England Temperance Society. In John Milton, Mr. Sherlock had a good text; and if the present is a specimen of Mr. Sherlock's addresses, we should say he possesses the faculty of at once interesting and instructing a juvenile audience. In quality, "A Famous Boy" is far superior to the ordinary run of Band of Hope speeches.

The New Testament Commentary for English Readers. Part. III. The Holy Bible, with illustrations by Gustave Dore. Part II. London: Cassell, Petter, Galpin, and Co.

We have already called attention to the previous parts of these books, The Commentary fully maintains its early promise. It is readable and practical, and the comments are those suitable for the age in which we live when many Commentaries, admirable indeed for a past generation, must now be regarded as somewhat out of date. For those unskilled in the use of ancient and modern languages it supplies the results of the most recent research. "The Holy Bible" contains four plates by Doré, and the letter-press is brought up to the forty-fifth chapter of Genesis.

The Magazine of Art. June. Cassell.

Additional interest is given to this popular serial by the illustrated papers now commenced upon "Queen Victoria and Art." Three specimens of Her Majesty's etchings are given in the present number, while the other "Art" matter is quite up to the high level which has made the *Magazine of Art* so justly famous.

Woman in the Talmud. By T. A. Story. London: L. N. Fowler, Imperial Buildings, Ludgate Circus.

Mr. Story has done his work well, and the pamphlet forms an interesting contribution to the important question the relative position of woman. It may be read with advantage, and the Talmud being a comparatively unknown book in this "Christian land," its information will be new to the reader.

Short Stories on Temperance. By T. H. Evans. London: 337, Strand.

We have previously called attention to some of these very excellent stories. They are now presented in a new form, being done up in an attractive wrapper, and six of them are thus sold for sixpence. Mr. Evans's healthy stories ought to command a wide circulation.

RECEIVED.

The Quiver (Cassell) Contains, amongst other thoughtful papers, an appreciative article on Robert Raikes, accompanied by a portrait).—*Sessional Proceedings of the National Association for the Promotion of Social Science.*—*The Sunday Review* (Contains a variety of interesting articles).—*The Biograph.*—*The Sentinel.*—*Journal of the Society of Arts.*—*The Herald of Health.*—*The Christian Life.*—*Church of England Temperance Chronicle.*—*The Temperance Worker.*—*Graham's National Temperance Hymnal* (Part VIII.)—*Kentish Templar.*—*The Lancet*, May 8th (An extraordinary issue, containing 104 pages!).—*Le Devoir.* A. Guise (Aisne).—*The Phrenological Magazine* (May) (contains portrait and article on Dean Stanley, and other interesting papers bearing on phrenology and cognate subjects).—*The British Mail* (May and June).—*The British Trad Journal.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: JUNE 5th, 1880.

THE LEGISLATION OF THE FUTURE.

THE new Parliament has fairly commenced business, and we may look calmly, and, we trust, hopefully, to the work that it will undertake, and which to a large extent it is pledged to perform. The programme, as indicated in the Queen's Speech, is a very moderate and a very modest one, but on that account more is hoped than from one of a boastful and high-sounding character. If there be occasion for any disappointment, it is found in the fact that so little is said as to the domestic policy of the Government. There are crying abuses to remedy, and it will be the first duty of the Ministry to put those measures in shape which affect the social well-being of the people. The nation is slowly recovering from a commercial depression which has reached all classes of the community more than any depression known in the present century. It is wise to take advantage of the returning tide, and public confidence, which has been so much shaken, will be reassured by the prospect of wholesome legislation—legislation devoted to home affairs. There are many pressing questions, all demanding attention, and many class interests seeking to be heard, and it is the duty, therefore, of those who are the leaders of opinion outside the walls of Parliament to take care that their claims are listened to.

It is expected that sanitary measures will obtain a large share of attention. The water supply of the Metropolis demands immediate treatment. That measure, it may be said, affects the Metropolis alone, but that means the supply of one of the prime necessaries of life to four millions of people, and the Imperial Legislature is called upon to interpose between the water companies and the consumers because London, unlike other large cities in the country, has no municipal Government. It is essential that this question be kept before the people, so that no opportunity be lost. The Artisans' Dwellings Act affects all the large towns and populous villages, and requires amendments of its provisions, and enlargement of scope. In this case, London requires such an Act more than any other place, because of its immense population, for in no part of the kingdom is there more squalor and wretchedness, more overcrowding, or a greater absence of all the conditions upon which health depends. A large majority of those who have to earn their daily bread are living in abodes not fit for human habitation, and are paying extravagant rents for the most inferior accommodation. This state of things is unfavourable to health, and equally so to morals. It is granted that much may be expected from improved habits, and, in fact, very much depends upon such improvement, but where the decencies of life are impossible, and reasonable comforts and enjoyments are unattainable, the manners and morals, notwithstanding all teaching to the contrary, will be in accordance with the home life. To seek moral improvement and neglect the physical state of our population is a mistake, and is so much labour in vain. What is wanted, then, is a steady and an intelligent devotion to this one purpose. The Artisans' Dwellings Act may be made subservient to a great end. No reasonable man expects from it or from any measure of legislation any sudden transformation, but if scope is given to individual enterprise, and a check put upon grasping greed in the negotiations necessary to acquire and pull down or improve dilapidated property, a single generation will suffice to clear away those foul blots upon our enormously wealthy city of London which now exist.

We require also a revision of the land-laws—a cheaper and more simple transfer of landed property. It affects the question before us—that is, the home accommodation of the people—very seriously. We hear much of co-operation. Almost the first efforts in this direction were made in the formation of freehold land societies and building societies; but their business has been fettered by legal difficulties. In the case of freehold land societies for some years they have had to buy and sell their land by an evasion of the law, and there are remnants of the old feudal system still clinging to landed property, which must be removed. It is sufficient for the present purpose to point to the clumsy methods and the heavy expense of conveyancing. In relation to the societies abovenamed, how does it act? In this way. When a freehold land society purchases an estate for subdivision, the title has to be examined by the legal adviser to the society, and upon the results of his inquiry the estate is purchased. It is good in title so far as he is able to ascertain, for no respectable solicitor will or can guarantee a perfectly safe title. This for the purposes of the society is considered sufficient, and it proceeds to make roads and divide the estate it may be into one hundred, or two hundred plots or divisions. With every individual purchaser a conveyance is required, with a recital of the title, and if the purchaser is satisfied with the solicitor of the society, which is almost universally the case, the cost will be from fifty to seventy shillings for each conveyance. An estate thus bought has to pay some hundreds of pounds as law

charges. Why should this be? If a workman out of his wages saves sufficient to purchase a piece of land on which to build a house, or to use as a garden, why should he have more difficulty, or be put to more expense, than if he bought a cow, a horse, or a cart? Who benefits but the solicitors, who have a most potential share in framing our laws, and who profit by fees? The cost is only part of the evil—the main evil is in the delay and the risk, which is nothing perhaps in itself, but is much in the apprehension of men who are unused to business. These charges are a tax upon thrift and economy, and as such must be swept away.

Our limits prevent our entering upon the subject in all its details, but the above remarks will come home to the minds of those who have looked with interest upon the growth of co-operative effort. By properly devised legislation much may be done to promote the well-being of the people, and to check reckless and dishonest speculations. We feel a deep interest in this question. It would greatly rejoice us to know that every hardworking man had a freehold house. We have in the world examples sufficient to prove the value of such possessions to those who hold them, and to the community of which they are members, and we wish that it were the desire of every workman. There is something elevating in the feeling to a man who can call his home his own. There can be no firmer basis for the institutions of a country than for the bulk of its population to be proprietors of the land and owners of property. Such a people will not be given to change, and revolutions, which bring promise to the adventurer and the thriftless, but offer nothing but disaster to them. Few of this class find their way to prison or end their days in the workhouse. It is not in the power of the law to give to every man a home, but it is in the power of the law to remove disabilities and obstructions, whether these are created by the law itself, by custom, or by the interests of particular classes. It is in the power of the law to give reasonable facilities for the acquisition of property, and to cheapen the processes of sale or exchange. What is required to begin with, is to effect a registration of titles, readily accessible, and to render the conveyance of land as simple as the transfer of banking or any other kind of stock.

CURRENT OPINIONS AND EVENTS.

Speculators in Water Shares, who fondly hoped that Sir R. Cross's Water Bill was merely dormant, and that it would be revived again in the new Parliament, have had their illusion dispelled. Last week in replying to a deputation from the Metropolitan Board of Works, the Home Secretary said, regarding the price to be paid to the companies, in the event of the several works being purchased :—

"The public will not, and ought not, to consent to give an unreasonable price even for one of the first necessities of life. The public will not give an unreasonable price; neither will they put up with a supply inadequate in quantity and defective in quality. And, consequently, if the water companies won't deal with the ratepayers of London on reasonable terms, the ratepayers of London, and the Parliament of England, are not impotent to find some other resources. (Hear, hear.) It is conceivable if the terms which amount—as it is estimated—to thirty millions, but which, upon information which reaches me, and which I believe to be well founded, will turn out considerably more as the cost of that purchase—it is for the public, and those who represent them, to consider whether that is a price which is worth giving for the article which is supplied; or whether at that cost—or even at a less cost—they could not supply themselves with a better article. (Hear, hear.) The water companies have no monopoly in the supply of London. (Cheers.) That is a clear proposition. No doubt there may be difficulties and inconvenience in introducing a new supply, but these may be overcome."

And in replying to a question put by Mr. Brand, in the House of Commons, on Monday last, the right hon. gentleman said :—

"The Corporation of London and the Metropolitan Board of Works, the two most important representative bodies of the Metropolis, have addressed to me memorials desiring an investigation, and have undertaken to render the requisite assistance in conducting it. In my opinion that is a most wise and reasonable request. Nothing short of such an investigation will satisfy the public mind as to the true character of the agreements, and of the property with which they deal. The Government will, therefore, ask the House to appoint a select committee to carry out this inquiry. The exact terms of the order of reference is a matter of some difficulty. It is obviously not expedient to give the inquiry too large a scope, so as to hang up this urgent question indefinitely. The inquiry into the agreements can be brought into a moderate compass so as to be disposed of in the present session. An investigation of the whole question of water supply would evidently extend to far wider limits; at the same time it would not be possible or desirable to exclude from the mind of a committee appointed to consider the proposed terms of purchase the consideration of the question whether the purchase of the undertakings of the existing water companies is in itself the only or the best possible alternative, and whether it might not be more desirable to obtain from other sources a better supply at a cheaper rate."

On Tuesday last a deputation, representing the Metropolitan Vestries was introduced to Sir William Harcourt by Mr. J. F. B. Firth, M.P. The memorial, presented by Mr. James Beal, prayed the Government to introduce a Bill suspending the powers of the companies. Upon this proposition Sir William said :—

"Not only Parliament, but every man in this country was always extremely cautious and averse to invading or overruling the rights which had been confirmed by Act of Parliament, unless in cases of extreme necessity, and therefore he desired to appreciate and know what the real facts of the case were, both in respect of the powers of the Company and the manner in which they were likely to be exercised, and also what other remedies might be applied to the existing evils before they had recourse to such a mode as repealing the rights of property by Act of Parliament. The powers of the Companies did not depend on the Assessment Acts, as had been imagined. The real power that the Companies had was to charge on the actual value of the house. If a house was worth £150 a year, and it was only rated at £100, the Water Companies could charge on £150. However, as he had said in Parliament, he proposed that one of the principal subjects for the consideration of the Committee should be the powers of the Companies to raise the rates and the manner in which that power was exercised. When they came to the end of the inquiry they would be in a sounder and more just position to deal with the matter than if they were to rush at it as was proposed. Parliament would always take care that no crying in-

justice was done to the inhabitants of the Metropolis, for if a remedy could not be found in one way it would be found in another."

The recent gambling in water company shares on the Stock Exchange was little less than a public scandal. It is singular, however, that the system of water supply by private enterprise was ushered in with gambling. According to Garrard ("Strafford's Letters," Vol. I., p. 468), in the year 1635—

"A lottery was set up in Smithfield for the advancement of a water-work, undertaken by Mr. George Gaye; in twelve days it was drawn dry—every prize gotten by some one or other. The people were so mad of it, no lotteries having been in London for these many years past, that they flocked from all parts of the City. A broker in Long Lane had, in these twelve days it stood there, 360 cloaks pawned to him, all which money was thrown into that lottery. They have gained £4,000 clear by it, and now, having provided new prizes, they have set it up in the borough of Southwark."

On Saturday last the Grand Hotel, Charing Cross, was opened by the Lord Mayor and Sheriffs. The building comprises some 300 rooms. The decorations are of the most superb kind, and the arrangements are complete in every respect. The capacity of the Hotel may be understood when it is stated that nearly 1,000 persons were served at the buffets on Saturday evening. The Lord Mayor, accompanied by the Lady Mayoress, Mr. Sheriff Woolloton, Mr. Sheriff Bayley, and the Under-Sheriffs, and preceded by the civic trumpeters, and the mace-bearer and sword-bearer, was conducted to a seat on a dais. Mr. Gordon, on behalf of the directors, then presented the Lord Mayor with a key of the Hotel, made of gold and set with diamonds. His lordship having delivered an appropriate address, in which he stated that the site of the Hotel was worth £300,000, and that more than £100,000 had been expended on the building, the civic party retired to a private room, and shortly afterwards left the building.

Building societies are amongst the most useful institutions of the day, and we are glad to notice that the labours of Mr. Stanesby, the founder and present secretary and actuary of the West London Benefit Building Society, were publicly recognised at a meeting of the members held at the Chelsea Vestry Hall last week. In presenting him with an elegant marble clock, candelabra, and two purses of gold, Sir Charles Dilke said:—

"For twenty-eight years Mr. Stanesby has been the actuary and secretary of the Society, and they desired that evening to do peculiar honour to that gentleman. Mr. Stanesby was by early training an artist, and he attained such remarkable proficiency in his art that five times running he won the medal of the Society of Arts. He started the idea of permanent against so-called terminable societies. No man connected with those societies had a wider or more deserved reputation for knowledge on the subject than Mr. Stanesby, who was their guest. He could only hope that Mr. Stanesby, when he looked back upon the work he had done for building societies, and in connection with that Society in particular, would feel that its members and friends had not entirely forgotten that work, but that they held it in grateful recollection, and had testified to that feeling in the most appropriate manner they could devise.

On Saturday last an interesting *conversazione* of the friends and members of the Working Women's College, Fitzroy Square, was held on the premises. The College, it appears, was opened some five-and-a-half years ago, as a place of assembly and improvement for women employed during the day. There are about 200 members, drawn from all classes of workers, amongst them being artificial flower makers, bookbinders and folders, china-painters, clerks, embroidresses, hospital nurses, needlewomen (in by far the largest proportion), shopwomen, stationers, tobacconists, surgical instrument makers, teachers, &c. There is a coffee-room and a reading-room, supplied with the leading papers and magazines, mostly gratuitously furnished. There is also a library, well supplied with about 600 instructive works, and fiction of the higher class. Every night in the week except Saturday a branch of the penny bank is open, in which, according to a recent return, 107 students deposited about £119.

Speaking on Tuesday last, at the meeting of the Blind Society, Lord Shaftesbury said:—

"Mr. Fawcett, the present Postmaster-General, had declared he would not admit such a feeling as that of commiseration for the blind. Sympathy they might have, but commiseration seemed to imply that the blind were something inferior. Mr. Fawcett had said, 'Give them but the means of developing all the faculties they are possessed of, and I will undertake that the blind will run a fair race with those who can see.' (Cheers.) Nothing so excited his sympathy as the condition of the blind, and yet nothing gave him so much hope for them as when he saw a blind man like Mr. Fawcett at the head of the Post Office, discharging his duty in so admirable a manner. (Cheers.) Mr. Fawcett told him that he found the business of the department very attractive and easy to perform. Now look what had happened to him. God had strengthened his memory in a most wonderful manner, which had almost balanced the loss of his sight."

On Saturday last a meeting was held for the promotion of a Free Library in the south of London. Sir James Clarke Lawrence presided. Mr. A. Cohen, M.P., Mr. Stiff, Mr. E. Clarke, Q.C., and others advocated the scheme, which is likely to be pushed to a successful issue.

According to the *Builder*, purchasers have at length been found for Mr. Albert Grant's large mansion in the Kensington Road. A committee, acting for an intended new club, which is to consist chiefly of subscribers to Hurlingham, the Orleans, and other existing bodies, have agreed to give £195,000 for the property. The sum of £100,000 is to be paid at once, as caution-money, and this is already in hand.

SONNET.

By John Greenleaf Whittier.

THE BOOK.

Gallery of sacred pictures manifold,
A minster rich in holy effigies,
And bearing on entablature and frieze
The hieroglyphic oracles of old!
Along its transept aureoled martyrs sit;
And the low chancel side-lights half acquaint
The eye with shrines of prophet, bard, and saint,
Their golden tablets traced in holy writ!
But only when on form and word obscure
Falls from above the white supernal light
We read the mystic characters aright
And light informs the silent portraiture,
Until we pause at last awe-held before
The One ineffable Face, love, wonder, and adore.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

To the Editor of "HOUSE AND HOME."

SIR,

There can be no doubt but you afford liberty of discussion in the columns of *House and Home*, and I have been amused at the way in which "E. B." has been pounced upon by several correspondents, simply for expressing her opinion upon vegetarianism in its ultra form. I have no desire to enter the lists with the active, persistent, and redoubtable champions of that system, but scarcely think it is gallant to stand aside while half-a-dozen do their best for their system, and their worst for poor "E. B."

In every civilised community the people have been more or less meat-eaters. Indeed, throughout the animal kingdom the destruction of one animal by another obtains. The death of one becomes, as it were, the life of the other. This being the case, and the fact existing that in almost all climes there are animals well adapted to furnish food to man, while the custom of flesh-eating dates from remote antiquity, is not the almost universal practice of civilised man a complete set-off to the doctrines of the vegetarians?

Look at what has been achieved by meat-eating nations and individuals. Take our own country, so famous for its beef that "John Bull" is the name Englishmen rejoice in being best known to the world by, and we find our ancestors worked out for us a Constitution at once the envy and admiration of the world. I suppose Mr. Delolme and his friends would rechristen us "John Lentil," or "John Oatmeal," or "Billy Porridge," neither of which names would, I fancy, carry much weight amongst the people of the earth, who readily pay homage to "John Bull."

What is to become of the millions of sheep and cattle, "the cattle on a thousand hills," if the vegetarian system prevails? Or do the vegetarians expect to surpass the heroes and *savans* who have flourished under a rational flesh diet? Are the vegetarians prepared to extirpate the animal creation, in order that man may lay undivided claim to the vegetable products of the earth? Do they really mean this—because, if so, let them say so. I may not be a humanitarian, but at all events I would allow the inferior animals their day of pleasure, even if afterwards I used them as food. That, I think, would be making best of "both worlds"—the worlds of brute and man. Be kind to animals, and provide well for their wants, and when the exigences of the case demand it, slay them as painlessly as possible for food. Their removal will make room for others of their kind, and so the purposes of the creation will be, not frustrated, but carried out.

I think it is Dr. Franklin who tells us that he abstained for years from animal food in consequence of some book of Tryon's which he had read; but when on a voyage, some fish were caught, and as they were being prepared for cooking, he saw a large one cut open which had a number of small fishes inside it. This was enough for the philosophical Franklin. The plan of the universe in regard to animal existence flashed upon him. "If big fish eat little ones, why may not I eat big fish?"—whereupon he joined his fellow-passengers and heartily enjoyed a meal similar to the one Christ provided for His disciples—diet good enough for Christ and Franklin, and received with thankfulness—Shipman, Delolme, Walker, Ward, and Company notwithstanding—by

Yours truly,

HOMO.

To the Editor of "HOUSE AND HOME."

SIR,

E. B. mistakes. What is complained of is not that E. B. puts forward certain supposed arguments, but the way in which they are put forward, as though infallibility had spoken from its throne. It is so in your last issue. "*I* have proved (and *unanswerably* so)," &c., &c. I once reviewed a book entitled, "An Answer to the Unanswerable." But, after all, how *can* we answer the unanswerable? I feel that it is better to leave so impossible a task unattempted. Let the infallibles answer the infallibles. It is what they are constantly doing, and often with the same results of which we read in the case of the historic cats of Kilkenny.

C. H. C.

Wirksworth.

THE CURE OF DRUNKENNESS.

To the Editor of "HOUSE AND HOME."

SIR,

On reading in your useful paper of the above title the little paragraph regarding "the cinchona cure for drunkenness," it occurred to me—is the editor aware of a simple cure by diet? Believing it is not so generally known as it ought to be, I thought of sending a reprint taken from a copy of the *Central News*, one of your City newspapers, in which you will find the testimony of persons who have been cured by diet.

I have also enclosed for you a copy of "Cure for Consumption," a reprint from *Burlington House* quarterly magazine, also "Cure for Cancer," taken from a manuscript of the author—both these by permission of the author. They have not appeared in any other form but as you have them, unless in the local paper belonging to the printer I employed to do them for me.

I send you them the readier, because though those *fêtes* have taken place, I may say, in a suburb of London, this month, on sending to the editor of a monthly paper on health subjects in the City, in consequence of a case of cure of asthma, noticed in his paper, which took some time to effect it, a paper of "A Remedy for Asthma and Bronchitis," which gives almost instant relief, as I have tried it. I sent him copies of those *fêtes* of which I have since heard from him they were new to him.

If they are considered of any use, my object in writing you is satisfied.

I am,

Yours truly,

JOHN DAVIE.

Dunfermline,
11th May, 1880.

[The tracts referred to by our esteemed correspondent deserve consideration. We hope to embody the leading facts in an article shortly, so as to give them the publicity their importance deserves.—ED.]

A MIRACLE is a miracle, and we see no possible advantage in trying to understand the *means* by which it was wrought. In accepting the evidence for it—and it is for each man to be fully persuaded in his own mind, and to accept or to reject at his pleasure, perhaps even it may prove to be at his peril—we are avowedly accepting the evidence for something which transcends, though it by no means necessarily supersedes, the ordinary laws by which Nature works. What is gained—in what single respect does the miracle become, so to speak, easier or more comprehensible—by supposing, with Olshausen, that we have here only an accelerated process of nature; or with Neander, that the powers of water were intensified into those of wine; or with Lange (apparently), that the guests were in a state of supernatural exaltation? Let those who find it intellectually possible, or spiritually advantageous, freely avail themselves of such hypotheses if they see their way to do so: to us they seem not "irreverent," not "rationalistic," not "dangerous," but simply embarrassing and needless. To denounce them as unfaithful concessions to the spirit of scepticism may suit the exigencies of a violent and Pharisaic theology, but is unworthy of that calm charity which should be the fairest fruit of Christian faith. In matters of faith it ought to be to every one of us "a very small thing to be judged of you or of man's judgment;" we ought to believe, or disbelieve, or modify belief, with sole reference to that which, in our hearts and consciences, we feel to be the will of God; and it is by His judgment, and by His alone, that we should care to stand or to fall.—From Dr. Farrar's *Life of Christ* for June.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.
Tennyson.

Though storms may break the primrose on its stalk,
Though frosts may blight the freshness of its bloom,
Yet Spring's awakening breath will woo the earth
To feed with kindliest dews its favourite flower,
That blooms in mossy banks and darksome glens,
Lighting the greensward with its sunny smile.
Shelley.

If I have any one principle firmly fixed on my mind, it is never to shun present inconvenience where it will produce permanent satisfaction. As for the applause of the world, I have often expressed my contempt for it in itself.—*Thos. Young, M.D.*

How frail and inconsistent are men! How differently they think and act, even for themselves, in different circumstances! How strangely does the passion of pride seek for gratification from contrary causes, from pursuing ideal good, and from giving up that which is attainable and real! One moment a man strains at a gnat, applauding himself for sagacity, in the next not suspecting himself of credulity when he swallows a camel.—
Parr.

Criticism often takes from the tree caterpillars and blossoms together.—
Richter.

The pleasure of criticism deprives us of that of being deeply affected by very beautiful things.—*La Bruyere.*

Canst thou not every one please through all thy labour and art-work,
Do what contenteth the few—pleasing the many is bad.—
Schiller.

The success of the greater part of things depends upon knowing how long it takes to succeed.—*Montesquieu.*

We must strive to make ourselves very worthy of some employment or other; the rest is no business of ours, it is the business of other people.—*La Bruyere.*

The desire of fame naturally betrays the ambitious man into such indecencies as are lessening to his reputation. He is still afraid lest any of his actions should be thrown away in private, lest his deserts should be concealed from the notice of the world, or receive any disadvantage from the reports which others make of them. This often sets him on empty boasts and ostentations of himself, and betrays him into vain, fantastic recitals of his own performances; his discourse generally leans one way, and whatever is the subject of it, tends obliquely either to the detracting from others, or to the extolling of himself. Vanity is the natural weakness of an ambitious man, which exposes him to the secret scorn and derision of those he converses with, and ruins the character he is so industrious to advance by it.—*Addison.*

Honour is like the eye, which cannot suffer the least impurity without damage; it is a precious stone, the price of which is lessened by the least flaw.—*Bossuet.*

What makes vanity so insufferable to us is that it wounds our own.—
La Rochefoucauld.

You are after all *what you are.* Deck yourself in a wig with a thousand locks; ensconce your legs in buskins an ell high; you still remain just *what you are.*—*Goethe.*

It is by imitation far more than by precept that we learn everything; and what we learn thus we acquire not only more effectually, but more pleasantly. This forms our manners, our opinions, our lives.—*Burke.*

THE HOUSEWIFE'S CORNER.

FLAB-DABS.

Three well-beaten eggs, a saltspoonful of salt, and flour enough for a stiff paste. Roll and cut into very thin cakes and fry in lard; when they rise to the surface they are done. Put two together, with jam or jelly between.

HARICOT MUTTON.

Take the best end of the neck of mutton, trim away most of the fat, and divide the meat into neat chops. Prepare also three turnips, three carrots, one onion, and the white part of two leeks. Cut these into any shape that may be preferred, and throw them into cold water till wanted. Melt a little butter in a frying-pan, put in the chops, and fry them for a minute till they are lightly browned on each side. Take them up, and fry the vegetables in the same fat for a few minutes, and turn them about to keep them from changing colour. Dredge flour over the chops, put them into a stewpan, lay the fried vegetables upon them, and pour in gradually as much warm water or stock as will just cover the whole. Bring the liquor to a boil, then draw it to the side of the fire, and simmer it gently till the chops are tender. It will take about an hour and a half. Pour off most of the liquor, and put it in a basin surrounded by cold water to cool. Carefully take off all the fat, season the gravy with pepper and salt, and add a tablespoonful of walnut or mushroom ketchup, and a few drops of sugar browning. Put it on the fire till very hot; arrange the chops neatly on a dish, pour the gravy over them, and serve.—*Cassell's "A Year's Cookery."*

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HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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MR. HERBERT GLADSTONE, M.P.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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MR. HERBERT GLADSTONE, M.P.

OUTSIDE the Premier's home circle three months ago very few indeed knew of Mr. Herbert Gladstone; and by that few he was chiefly known as a tireless student. But in the heat of the recent general election, when it was generally regarded that the members for Middlesex in the late Parliament would have a walk over, it was suddenly announced that a son of Mr. Gladstone had consented to contest the county in the Liberal interest. With only a few hours' notice a crowded and enthusiastic gathering of Middlesex electors assembled at the City Club; and it was before this somewhat critical audience that Mr. Gladstone made his *début* as a politician. His speech on that occasion was characterised by a discretion rarely found in one of his years; and despite a nervousness which to some extent added a charm to the utterance, it evidenced ability of no ordinary kind. The meeting came unanimously to the conclusion that if Middlesex was to be won, Mr. Herbert Gladstone could win it. The result of the election, however, showed that the late members were too strong to be driven from their vantage-ground by a campaign of a few weeks' duration; and although a gallant fight was made, Mr. Gladstone was some 4,000 votes behind his opponents. But he was not long kept out of Parliament. Leeds had returned unsolicited the Right Hon. W. E. Gladstone at the head of the poll, by a majority of 12,657 over the defeated Conservative candidate, Mr. Wheelhouse; and on the right hon. gentleman electing to sit for Midlothian, Mr. Herbert Gladstone was unanimously invited to occupy the seat, and he was elected to it without opposition.

On the 2nd inst. a great gathering of Middlesex electors was presided over by the Right Hon. W. E. Forster, M.P., when an address was presented to Mr. Herbert Gladstone on behalf of the 8,676 electors who voted for him in the recent contest. The address was presented by Mr. Alfred J. Shepheard. It declared that—

"In consenting to engage in the contest you were as well aware as ourselves that success was hoped for rather than anticipated; but you did not hesitate to respond to the call of those who felt it to be a duty to afford to the Liberal electors of the county an opportunity of recording their protest against the mischievous policy of what may now happily be described as the late Administration; and you threw yourself into the contest with a degree of energy and of ability which could not have been surpassed had there been a certainty of your return. . . . . You came among us as a stranger, and it was because you were the son of an illustrious father that you were invited to become a candidate. It was wished to show by such a choice how profoundly grateful were the Liberals of Middlesex, not merely for noble services rendered by him as a minister of the Crown, but for those appeals to the mind and conscience of the country which roused it to decisive action in condemnation of a series of Ministerial acts unrighteous in themselves and fraught with danger to the State."

The chairman, the Right Hon. W. E. Forster, in the course of his speech said :—

"I believe that I am in this very honourable position chiefly for the reason that I had the good fortune of introducing my friend, Mr. Herbert Gladstone, to the electors of Middlesex. I did not know much of him before I introduced him to the constituency, but I had confidence in the father's son. (Cheers.) And I liked the look of him, to speak with Yorkshire homeliness, perhaps more homely than is fitting for these present surroundings. I liked what I heard of him and from him—the very first little speech, which he made under very difficult circumstances. I thought to myself, 'Now he will do, and I need not be ashamed of having introduced him to the electors of Middlesex.' (Cheers.) I think you will all acknowledge that though he was beaten, he fought a very good fight. He was well supported. You fought well for him. Though it was a considerable majority by which he was beaten, our opponents, I believe, were considerably alarmed about him; and if you were to fight the county again with him—(A voice: We should lick them !)—that is what I should have liked to say; but I did not know what you might think. But I believe it. I am afraid you will not have that chance. We have got hold of him in Yorkshire, and we mean to keep him. I am proud of having introduced him, as I may say, to his first public speech. We may have confidence with his ability, and his age, that for many long years to come he will remind the House of Commons and the country of his father." (Cheers.)

The Premier, who was present, in responding to a resolution congratulating him upon his return to power, made the following reference to his son, the guest of the occasion :—

"I shall not, sir, I trust, break in any respect the concert which prevails if I proceed to say that I came here not for the purpose of receiving the kind congratulations you have given me. I came here with a very different object, and for a purpose which it is now my first duty to fulfil. It was not to receive your acknowledgments, grateful as they are to me, for any former or any present labours, but it was to render the acknowledgments which are so eminently due from me to you for your conduct to a member of my family. (Cheers.) When I received the request to attend this meeting, I felt that whatever might be the demands upon my time and strength, yet that request must be acceded to—that demand, at all events, must be met. (Hear, hear.) It was a duty which I could not prevail upon myself, had I attempted it, to forego taking some public opportunity of rendering from the bottom of my heart my warmest acknowledgments to you, sir, who sit in this chair, and to the great meeting I have the honour to address, and to the Liberal constituency of Middlesex at large; and I do not think that a more generous act was ever done by a body so great and so diversified than in the choice of one who at the time was perfectly untried, to become the organ of their feelings and opinions, the champion of their interests and their principles, on the great and high occasion of the election through which this country has lately passed. It was, gentlemen, a bold and generous experiment, for which they who bear my name and belong to the circle of my family are bound to thank you, not in any formal but in the most real and most earnest sense. We rejoice to think that the experiment, bold as it was, has not been to you or to others wholly unsatisfactory in its results—(hear, hear)—but the confidence you so generously bestowed proved itself in the issue to have been bestowed not upon an unworthy person. . . . I thank you with all my heart, ladies and gentlemen, for the honour you have done me personally; but in my last words I desire to fall back on the tenour of my first words, and to revert to that principal purpose with which I came among you—that, we assure you, neither I nor those most nearly connected with me can ever, during what remains to us of life, forget the kindness, generous kindness, and unbounded confidence which has been bestowed upon my son, and which has added a joy to our lives, and than which nothing that has ever occurred in my public experience has been more lively or will be more permanent." (Loud cheers.)

Mr. Herbert Gladstone, who is in his twenty-sixth year, was educated at Eton, and at University College, Oxford. In 1874 he took classical honours, and in 1876 he obtained a first-class in the final school of history. Until recently he was tutor and lecturer at Keble College, and since his return to Parliament he has been appointed one of the Premier's private secretaries, without a salary.

THRIFT PAPERS.

By T. Bowden Green.

No. XI.—*National Thrift.*

"Thrift," says Julius C. Hare, "is the best means of thriving," and the saying is as true as it is trite, for individuals, communities, and nations that practise this virtue are invariably those which may be regarded as the most thriving. No nation, we have been told, can be prosperous unless it be thrifty, and certainly the independence and happiness of a people depend to a very considerable extent upon the proper cultivation of this habit.

It is clearly, therefore, the duty of all Governments to do whatever lies in their power to promote and encourage thrift amongst their people, and to facilitate its development in every possible way. "A person of large experience," writes the author of "Self-help," "has said that he never knew amongst working people a single instance of a man having out of his small earnings laid by a pound who had in the end become a pauper," and we may readily see, therefore, that the inculcation of this habit amongst our working classes, and the upgrowing population of our towns and villages, cannot but tend to eradicate that blot upon our civilisation—a pauper community. Thrift, moreover, leads to the cultivation of other virtues, and especially to that of temperance; and it is to the development and extension of thrift that temperance advocates and social reformers should look as one of the surest means of diminishing intemperance, misery, and crime. To inculcate thrift effectually it should be taught before improvidence obtains a hold over the individual. "The habit of saving," says Lord Derby, "if it is to be acquired at all, must be acquired *early*." Doubtless instances to the contrary may be cited, but as a general rule it is as difficult to turn a confirmed spendthrift into the paths of thrift and economy as a confirmed drunkard into those of temperance and sobriety.

It would be well, therefore, in order to inculcate thrift principles at an early age, if each and all of the 20,000 elementary schools throughout the country, and at which about 4,000,000 children are daily receiving their education, should take up the question of thrift inculcation. The opportunity for thus early imparting practical lessons on the subject is a grand one, and should by no means be lost; yet the Parliamentary Return of School Savings Banks, recently obtained by Mr. Holt, M.P., shows that but a very small proportion of these schools are thus provided. A vast field of work then here lies open before us, and every means and opportunity for developing it should be most heartily encouraged.

The assistance given in the establishment of penny banks and provident dispensaries, the wide-spread distribution of thrift literature, the lectures, addresses, and conferences on the subject, and the various other means adopted by the National Thrift Society, have of late very materially aided the development of thrift, and have been the means of bringing the whole question prominently before the public. The matter must not, however, be allowed to rest here, but the stimulus given to the movement should be eagerly improved upon, and statesmen, philanthropists, social reformers, the clergy and the laity, should all be pressed into the service, as the question is one which concerns the happiness and prosperity of the vast majority of people throughout the country. "Self-help" is declared by Thomas Carlyle to be "the highest of all possessions," and self-help is essentially the outcome of the practice of thrift, and to this self-help we must look for the avoidance of those cries of distress that have of late been going up from every corner of the land, and for the maintenance and further development of that proud position which England ever desires to hold amongst the nations of the world.

In a country which spends annually £13,000,000 in smoking and £140,000,000 in drinking, and yet during the last forty years has had to pay £400,000,000 for poor-law distribution, it is very evident that the development and extension of thrift is very greatly needed. That this development should speedily take place must be the desire of all who wish to see Great Britain prosperous, and her people happy and independent.

THE BUILDING SOCIETY AS A MEANS OF INVESTMENT.

By the Rev. F. Wagstaff, F.R.H.S., Editor of the *Temperance Worker*, &c.

One excellent mode of investing small savings is provided by building societies, of which there is usually to be found at least one in every town. These societies differ greatly in their details, as any one may see who will take the trouble of comparing the prospectuses of half-a-dozen. Their general principle, however, is the same. Small sums are regularly deposited by members for a certain number of years, at the end of which time the "share," if not otherwise dealt with, has accumulated with interest to a fixed sum, which is then repaid. The money so invested is advanced from time to time to borrowing members on the security of house property, the advance being repaid by regular instalments spread over a term of years. The stability of such societies will, of course, vary according to the principles upon which they are conducted—the economy of management, &c.—but it is possible to ascertain with something like certainty what are the risks of any particular society when the personal and business character of its manager is known.

For our own part we are strongly inclined to recommend young men to make use of a building society as a means of investing small savings in preference to the savings-bank. For a youth whose opportunities of saving are very few, and who, at the best, only expects to lay by a few shillings now and then—and, indeed, for any one *commencing* the habit of saving, and as yet uncertain whether his circumstances will admit of regular payments such as a building society requires—the Post-office Bank is doubtless best. If, however, there be something like a prospect of being able to keep up such periodical payments, there are many reasons why the attempt should be made. As we write we have before us the prospectus of an old and thoroughly respectable building society, in which the rate of payment on a £25 share is as low as 1s. every fortnight. On a £50 share the payment is 2s.; for £75, 3s.; and on £100, 4s. Now, let us suppose the case of a young man whose savings vary, but amount to more than 1s. per week rather

than less. He has been laying by for some time, and has several pounds in the Post-office Bank. The society to which we refer is brought under his notice, and he resolves to take a £50 share. For this he has to pay 2s. every two weeks, and at the end of each year interest at the rate of five per cent. is placed to his credit, besides whatever bonus may accrue from the periodical distribution of surplus profits. Thus, in a few years, his share of £50 will be realised by the regular investment of a sum so small as 1s. per week.

When recommending this method of investment we are often asked, "Can money so deposited be withdrawn at any time if required?" The answer to this question enables us to explain one of our strong reasons for preferring the Building Society to the savings-bank. The rules of the former, with very rare exceptions, enable members to withdraw the whole amount paid, with interest, usually without any deduction whatever. But it must be evident that such withdrawal cannot be so expeditiously managed as in the case of the Post-office Bank, and the delay thus occasioned, slight as it may be, probably prevents the withdrawal of money in many hundreds of cases where the supposed necessity for such withdrawal is found to be, after all, not so great as was at first supposed. Many a man who has invested a few pounds in such a way as to be readily procured when desired has yielded to some momentary impulse, withdrawn his money from the bank, and either expended it in some purchase he has afterwards regretted, or disposed of it in some other way equally unsatisfactory in its results. In such a case, had the delay necessary to withdraw from the first investment been sufficient to afford time for cooler reflection, the probabilities are he would have "let well alone," and so have preserved his money.

Another reason for giving preference to a building society is to be found in the rule which requires regular periodical payment of the sums to be laid by. The value of the habit of punctuality so acquired can scarcely be estimated. The accumulation, if slow, is sure, and as month after month slips by the pass-book shows the total payments to be steadily growing up, and a stimulus is given to those economical resolutions which have prompted the attempt to become independent of others. Where the object is not merely to invest, but to build or buy a house for oneself by means of the society, the incidental advantages of the plan recommended are still greater, but in either case connection with a well-managed building society is a social and moral gain to any man.

Treatment for Liver Disorder.—It must be borne in mind that regulating the diet will do you more good than any amount of physic. If you are not prepared to put yourself to a little inconvenience in the matter, and give up some of your accustomed luxuries for the sake of getting well, it is no good going to the doctor—you had better try the undertaker. You should never forget that that which may ultimately destroy life too often enters by the same portal as that which is intended to support it. For the maintenance of health it is necessary for most people to put a curb upon their appetites. It is all very well to go after rank, and reputation, and wealth; but they are very little good to you if your bile-duct gets blocked up. What is the good of a baronetcy, for example, if you have to stay at home and live on blue pills? If your liver shows any signs of performing its work badly, you had better take it in time, and cut off supplies. You will have to give up *entrées*, and shun all highly-seasoned dishes as you would the plague. Some people may get on very well with them, but they are poison to you. You had better label them mentally with a skull and crossbones. It is a shame for people to tempt you with them, but they will; and you will have to make a determined stand against them.—From the *Family Physician* for June.

THE BUILDING EXHIBITION, FROM A POPULAR STANDPOINT.

IV.—Heating, Lighting, and Ventilating.

The Hygienic Stove Company, Eagle Foundry, Broad Street, Birmingham, exhibited, among other articles, their Patent Hygienic Ventilating Stove for coal or coke. *Mr. Constantine*, of 61, Fleet Street, made a fine display of his celebrated stoves and ranges. We shall have more to say of the latter in a subsequent section. *Mr. Joseph Constantine*, of Hulme Street, Manchester, exhibited his Patent Convoluted Stove for warming and ventilating buildings of every description. These stoves are capable of generating almost any degree of heat, from that required in a Turkish bath, downwards.

Messrs. Stevens Bros. and Co., of 35 and 36, Upper Thames Street, exhibited Kitchen Ranges, both close and open, Register, Hot Air, and all and each variety of stove. The foundries of the firm in Glasgow cover over seven acres, employing more than a thousand men. Thus even special orders can in most cases be delivered at any town in the kingdom within one week. In the Kitchen Ranges there are several noteworthy improvements. The hot plates are made in removable sections, allowing of expansion and contraction, thus avoiding nearly all chance of breakage; the dampers have their handles outside the range, so that the cook is spared the risk of a burn; the plate-racks can be laid back out of the way when not needed; the flames play around the ovens, securing equal heating; the air-shafts cannot be choked with soot, as each is provided with a cap; the boilers in the higher-class ranges are wrought, being either "boot" or "saddle-back;" and lastly, when desired, the range, by a very simple adjustment, can be made either an open or close fire. This last is a long-looked-for improvement.

Messrs. Ashton and Green, of Bury Street, St. Mary Axe, exhibited some elegant specimens of their Tile Register, Enamelled Fenders, &c., with a large display of stoves and ranges. *Mr. W. Addis*, 6, Leicester Square, exhibited Cundy's Patent Open Fire-brick Range, and Cundy's Economic Cottagers' Cooking Stoves, both of which merit attention. *Messrs. Wells and Co.*, of 3 and 4, Old Street, made a fine display of stoves, ranges, and kitcheners. *Messrs. Brown and Green*, of Luton, Beds, and 72, Bishopsgate Street Within, exhibited their Improved Prize Medal Kitcheners, Gem Portable Cooking Stoves, Double Action Ventilating Stoves, &c., their manufacture being equally adapted for the homes of the wealthy or for the dwellings of the poor. *Messrs. C. E. Webster and Co.*, of Nottingham, exhibited their patent system of gas-lighting, which presents several advantages.

Messrs. Yates, Haywood, and Co., and the *Rotherham Foundry Company, Limited*, 95, Upper Thames Street, present an imposing display of Marble Mantles and Grates, including mantles, in marble, in the Queen Anne style. One handsome chimney-piece, in *Brèch d'Herculaneum*, was a splendid specimen of the Breccia marble, resembling rather a combination of marbles than one single variety. The hand-painted tiles attached to the grate are highly pictorial, Music being represented by an organ on one side, with performer and choir, on

the other, by a concert trio of 'cello, flute, and violin. Another mantle is in *Rouge Griotte*, *Ecossais*, and *Lavande*, all the products of French quarries. The grates were varied in pattern and ornament, electro-bronze, Berlin black, and ormolu, Lambeth faience and hand-painted tiles being severally employed. Their hob-grate of the Adams period is at once ornamental and useful, and the Queen Anne grate effective. Amongst the stoves was the Peabody, complete in itself, needing no fixing, and suitable for use in model dwellings.

Messrs. Ritchie and Co., 23, St. Swithin's Lane, displayed their Patent Gas Lighting and Heating Apparatus.

Messrs. Jones and Willis, of 43, Great Russell Street, Euston Road, N.W., and Temple Row, Birmingham, made one of the most attractive displays in the entire building. In brass-hammered work there were superb specimens of lecterns, standards for gas, and chandeliers. One chandelier, in hammered iron, was a gem in finish. But for domestic use the Hesperus lamp, the "Triplex" was the attraction of the display. With stands in every material it ranges in price from £1 upwards, and in material, from ordinary white ware for the stand to Queen Anne brasswork, Bohemian glass, *pâte-sur-pâte*, and Chinese or Japanese vases. In hanging lamps for ceilings, embracing some for ball or banquet rooms, with candle-arms attached, or for passages with a bracket, many designs were exhibited of this premier lamp.

Messrs. Robert Boyle and Son, of Glasgow and Mansion House Buildings, London, in their ventilators substitute beauty of design for deformity of pattern. Dr. B. W. Richardson, F.R.S., in his lecture, "Health of Great Cities," said, "Since these excellent ventilators have been introduced we have now got perfect methods of ventilation." Sir Gilbert Scott, Sir William Thompson, and many other eminent authorities have expressed their approval; and at the Manchester and Salford International Exhibition of Sanitary Appliances, held in connection with the Conference of the British Medical Association, the highest prize, and that in competition with all the best known systems, was awarded to Boyle's Air Pump Ventilators. For churches or railway-carriages, public halls or stables, mines or steamships, mansions or cowhouses, factories or ships, or billiard-rooms, the Air Pump Ventilator is efficient.

C. H. Sharp and Co., of 104, Newgate Street, exhibited the patent Inlet Air Filter, by which the air is filtered at its inlet and passes through radiating curves, being directed upwards into the apartment. Thus all draught is avoided, and pure air secured by the simplest of possible means. The regulation of the supply is thoroughly under control, a slide fixing the ventilator to any desired angle. Inexpensive and effectual, the Inlet Air Filter supplies a want. The "Crown Ejector" of the same firm possesses the merit of extreme simplicity. At the top of each chimney-pot or ventilator a half-cone with the flat side downwards is fixed. Every blast, however it may blow, impinges on this. A partial vacuum is formed, the foul air or smoke rushes up the shaft, is dispersed in the open, and a powerful up-current utterly prevents any possibility of a down-draught.

Dr. P. Hinckes Bird, of 1, Norfolk Square, exhibited for the public good his system of Costless Ventilation, of which we shall give a full description, with illustrative cut, next week.

SLEEP AND SLEEPLESSNESS.

By R. Clark Newton, L.M., C.M., M.R.C.S.E.

No. III.

When wakefulness has become a habit, its injurious effects are so marked, so distressing, and intolerable that the individual naturally and quickly turns for relief to some drug. This is more especially so in those cases of sleeplessness from thought or mental activity referred to in our last article. Two narcotics have for long taken precedence of all others as means of wooing sleep—viz., opium and alcohol; and their employment for such a purpose dates back long ago. It would appear unnecessary to warn our readers against the danger of the employment of these and other narcotics, unless by medical direction, as the injurious effects of narcotics, and of opium and alcohol in particular, are well known to the public. Every one is aware that even the occasional use of such sedatives as hypnotics is fraught with extreme danger, the risk is that a drug like opium proves so delightfully efficacious or adequate to the purpose intended, that its occasional use merges into a habit. It is the same with alcohol, and perhaps more confirmed drunkenness results from the at first occasional then habitual use of this agent for the production of sleep than from any other cause. The order is overwork, excitement, worry, or mental strain, producing nervous exhaustion; this is followed by sleeplessness, and the glass of whisky at bed-time to procure rest. The next night, and the next, and so on, the stimulant must be repeated, until the habit is established, and the alcoholic craving takes root. The danger does not at first always lie in the quantity of whisky taken at bed-time—it is in the habit or regularity of the practice as a necessity to procure rest. If the habit is not speedily broken, in nine cases out of ten habitual drunkenness will sooner or later overtake the individual.

There are two problems in connection with sleep that have hitherto baffled all attempts at solution, and whoever solves either will certainly be entitled to princely honours. The first is the natural cause of sleep; the second is the discovery of an agent that will give or force sleep without ill effects or danger to the system. The first is a problem in physiology, the second in therapeutics, and so far as their relation is concerned the discovery of the first will probably indicate whether the existence of a perfectly harmless yet efficacious hypnotic or sleep-producer is a possibility. It is consequently easily to be understood that the medical profession and the public alike have always regarded the introduction of any new hypnotic with extreme interest, but so far, although from time much enthusiasm has been evoked by the appearance of new agents of this class, we remain as yet without one really good and harmless sedative. Two remedies have recently, however, become very fashionable, and we have individuals dosing themselves with chloral, and bromide of potassium, with as much confidence as they would take a glass of milk, deluding themselves in the belief that these drugs are perfectly harmless. It would be impossible to calculate the loss of life and widespread detriment to health that are ensuing from the use of these agents. Tons of chloral are now annually manufactured and consumed by the public without the sanction or direction of the

medical profession, for in no other way can the immense demand for this preparation be accounted for; indeed, medical men now rarely prescribe chloral, as experience has taught the extreme danger of its use, and certainly of its indiscriminate administration, and its habitual use is more destructive to the system than either opium or alcohol. We cannot within the scope of this paper consistently dwell upon or stay to point out the particular ways in which chloral and bromide of potassium act injuriously, but we must point out that the use of these compounds for the purpose of procuring sleep is extremely improper and dangerous, and more especially so to that large class of the sleepless public whose wakefulness results from mental excitement and overwork. In such cases the employment of a narcotic may be readily understood, while we deplore it, the more so as in far the greater number of instances the patient is deceived with the conviction that he has slept. It is, however but a "drugged sleep," and generally thought or mental activity is all the time busy. Whilst deprecating the use of narcotics in sleeplessness from a mental or nervous cause, their administration under proper supervision and conditions in cases of extreme pain from acute or chronic painful affections of the body is often most justifiable—nay, necessary, though it is to be regretted that they lose their potency by repetition.

Though, as already remarked, the mind naturally turns to drugs for relief in wakefulness, yet there are other means of attaining the same end, and no effective steps for its removal can be taken until its cause has been sought out. Excessive mental and physical labour should be lessened, and every means adopted likely to increase the standard and tone of the general health. There are above all things two essential or primary conditions necessary to procure sound rest—food and warmth. No one can hope to sleep soundly if he retires to rest hungry or chilled, therefore a light evening meal will be serviceable, even if taken very late, and it is especially needful to early diners. It seems at present a growing fashion to partake of a somewhat substantial supper at about eight o'clock in the evening, and the practice has much to recommend it. Tea or coffee taken late at night are not conducive to rest, but an invalid when tossing about from exhaustion may obtain rest by the aid of a cup of tea, especially when administered early in the morning.

The cause of sleeplessness in a large class of individuals is an inability to get the mind into an agreeable state of composure, thought perhaps runs riot, and is too active. Many methods of obviating this mental state have been suggested, and one of our poets offers his experience thus :—

> "A flock of sheep that leisurely pass by
> One after one; the sound of rain, and bees
> Murmuring; the fall of rivers, winds, and seas,
> Smooth fields, white sheets of water, and pure sky;
> I've thought of all by turns, and still I lie
> Sleepless——."
>
> WORDSWORTH.

It is of course sometimes extremely difficult to induce sleep by such expedients, but occasionally they are eminently successful, and it will be observed that all such methods depend more or less upon one principle, the rhythmic occurrence or repetition of the same idea or sensation, such as counting or repeating, watching a light, &c. Most persons have observed the soporific effects of the slow rocking of a cradle or ship riding at anchor, the gentle but persistent stirring of the leaves of a tree, or the monotonous break of the waves on the seashore. Certain cases of sleeplessness may be overcome through the sense of hearing, by the constant repetition of a musical phrase, or reading in a low, monotonous tone. This is the reason why certain speakers have the art of sending their congregations to sleep. The Æolian harp produces a weird and monotonous note long known to be soothing to the sleepless. Whatever method is adopted it is necessary to exert a certain amount of determination to draw the mind out of itself, and turn the thoughts into some current removed as far as possible from the habitually travelled track, and, if practicable, into one that is pleasant, agreeable, or amusing. It has consequently been suggested that occasionally sleep may be obtained in the following manner :—Supposing that an individual cannot sleep because the mind monotonously dwells upon impending bankruptcy, then let him imagine the crash to have overtaken him, he should next proceed to force his mind to dwell upon the strange positions he may take in the world, such as endeavouring to live by sweeping a crossing, and the curious scenes he will there witness, and the new and strange friends he may make. He must strive, however, only to conjure up comic or humorous scenes, and it is more than probable that the effort of so doing will gradually and insensibly lead the mind into dreamland. Rolling the eyes round and round sometimes induces sleep, and it has been observed that the eyes habitually turn upwards under the upper eyelid during sleep, therefore it is occasionally worth while to follow an imaginary object in that direction, or the smoker may light himself an imaginary pipe and follow the clouds of smoke passing over his head.

The position of a sleeper is important; the horizontal posture is the best, with the head a little elevated; some, whose circulation is feeble, require the head very low, others, for various reasons, require rather a high pillow. The use of some form of pillow is instinctive, even if only a log of wood or raised mound of earth. In the case of a feather pillow, this should not be too hard, but soft enough to allow the head to sink about five inches above the mattress. If sleep be attempted with the head below the body the person must soon wake or apoplexy will result, because the blood cannot travel back to the body as quickly as it is forced to the head by the heart-strokes.

We will conclude our remarks upon this subject in our next contribution, and in response to several inquiries will consider the subject of the ventilation of bed-rooms.—*Newcastle Weekly Chronicle.*

The cheerfulness of heart which springs up in us from the survey of nature's works is an admirable preparation for gratitude. The mind has gone a great way towards praise and thanksgiving that is filled with such a secret gladness—a grateful reflection on the Supreme Cause who produces it, sanctifies the soul, and gives it its proper value. Such an habitual disposition of mind consecrates every field and wood, turns an ordinary walk into a morning or evening sacrifice, and will improve those transient gleams of joy which naturally brighten up and refresh the soul on such occasions into an inviolable and perpetual state of bliss and happiness.—*Addison.*

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

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HOUSE AND HOME

LONDON: JUNE 12th, 1880.

UNPLEASANT NEIGHBOURS.

ONE of the peculiar features of our social progress is the congregation of masses of humanity together in certain places which, for divers reasons, seem to possess special attractions. During recent years a continual exodus seems to be going on from the country districts to our large towns—the result being that in our great centres of industry land has become much more valuable, and house accommodation more costly and difficult to obtain. The plan of living in flats has, therefore, been adopted, often more as a matter of necessity than of choice, as comparatively few people can afford to pay the rent of a whole house to themselves in London or our principal cities, although they may have been accustomed to such convenience in the country, where it may often be had for a mere fraction of what it costs in London. Although English people have only lately begun to adopt the system of flats, as is well known it has long been in vogue in Scotland, and on the Continent; it cannot be denied that the plan has both its advantages and disadvantages, and amongst the latter may be reckoned the risk of meeting with disagreeable neighbours. Some persons who occupy but a part of a house seem to act as if they laboured under the hallucination that they were the sole proprietors, and would allow their co-tenants no other privilege than that of paying the lion's share of the rent. They open doors and windows, and monopolise the use of the conveniences, as if totally oblivious of the existence of any one else under the same roof.

The foibles and quarrels of children are a fruitful source of unpleasantness amongst neighbours, but sensible parents will take no notice of the quarrels of children, which are as rapidly forgotten as begun; at the same time, children should not be allowed to annoy others wilfully.

Difference of opinion on sanitary matters, and the virtues of cleanliness, often lead to contention. In most of the large blocks of industrial dwellings rules are properly enforced designed for the health and comfort of the entire community, though they possibly may not be found altogether in harmony with the peculiar idiosyncracies of individual tenants. Old housekeepers know the value of good neighbours; there are times and seasons when we are more or less dependent on the good will of others for various little services which go far to soften the acerbities of social life, and often form the bond of a life-long friendship. It might save much future trouble if intending tenants would make it a rule to inquire more particularly respecting their prospective neighbours.

CURRENT OPINIONS AND EVENTS.

ON Monday last the Select Committee on London Water Supply was appointed, consisting of the following Members: Secretary Sir William Harcourt, Sir James M'Garel Hogg, Mr. Chamberlain, Sir Richard Cross, Mr. Alderman Lawrence, Mr. Brand, Mr. Pemberton, Mr. Caine, Baron Henry de Worms, Mr. Firth, Sir Gabriel Goldney, Lord George Hamilton, Mr. Thorold Rogers, Mr. Sclater-Booth, Mr. John Holms, and Mr. Parnell, with power to send for persons, papers, and records; five to be the quorum. Sir H. Johnstone objected to the name of Sir J. Hogg, on the ground that he had been a party to the promotion of a rival scheme, but the objection was overruled. On the following day the name of Mr. J. G. Hubbard was added to the Committee; and at a meeting of the Westminster Liberal Union, held at 20, Regent Street, Major Lyon presiding, on the motion of Mr. E. J. Watherston, seconded by Mr. Edwards, the warmest thanks of that association of ratepayers were unanimously declared to be due to the Home Secretary for "the resolute and prompt manner in which he has directed inquiry by Parliamentary Committee into the agreements entered into by the late Government for the purpose of acquiring the undertakings of the companies supplying London with water, and for his recognition of the important questions involved in the value of the present sources of supply, or necessity for entirely new supply." Speaking at a meeting at Brixton, on Wednesday evening, Professor Rogers, M.P., said, "That day he had sat for the first time on the Water Supply Committee, the result of whose labours would be a pure and abundant supply of water at no addition to the rates."

Mr. J. F. B. Firth, M.P., has given notice of his intention to introduce a Bill to establish a Municipal Government for London. The hon. gentleman is a well-known authority upon the question, and he will receive influential support both inside and outside of the House of Commons. This will be needed in order to counteract the City influence. We are glad to note that at the Westminster Liberal Union it was resolved, on the motion of Mr. Edwards, seconded by Mr. Laskey—"That the Home Secretary's recognition of the

necessity of establishing a Municipal Government for London, allied with Mr. Gladstone's promise to make it a first instalment of neglected legislation, is peculiarly welcome, and this Union trusts that an opportunity will be taken, on the consideration of Mr. Firth's Bill, to be forthwith introduced, to make a formal announcement of early legislation on the subject."

Speaking on flower-culture, at Latymer Road, on Wednesday last, Lord Shaftesbury said :—

"He loved to see children attached to flowers, the culture of which was one of the best modes of affording instruction to the young. He liked to see what were termed window-gardens. Lord Bacon, in one of his best essays, had described a garden as one of the purest of human pleasures, and added that God Almighty first planted a garden."

The recent speech of Mr. Bright upon Capital Punishment may be taken we trust as a prelude to the abolition of murder by the State. "Father Jean" well said of it in the *Echo* :—

"There is no word in Mr. Bright's speech that should not find an immediate and earnest support from the Bench of Bishops, and the clergy of all denominations. If their hearts are open to great and wise counsel, if they share the Christianity he so nobly evoked, a great and immediate change should follow. . . . . We most ardently trust that the Cabinet will inaugurate their career of usefulness by assent to a proposal which would elevate our civilisation, and evince a nation's respect for the sanctity of life, even of the most hardened and guilty, and justify the swelling response to the invocation weekly and daily uttered, 'Almighty God, who desireth not the death of a sinner, but rather that he may turn from his wickedness and live,' and so justify our ways in the development of the highest civilisation."

Now that the subject is receiving attention, we reproduce the following remarkable speech of a malefactor. It is given in the monthly chronicle of the *Gentleman's Magazine*, Vol. VIII. (1738), as follows :—

"Wednesday, 31.

"*Dublin. George Manley*, lately executed at *Wicklow* for Murder, behaved in a strange and undaunted manner; and at the Tree spoke thus :—

'*My Friends*,

"'You assemble to see—What?—A Man take a Leap into the Abyss of Death. Look, and you shall see me go with as much Courage as *Curtius*, when he leapt into the gulph to save his Country from Destruction.—What, then, will you see of me?—You say, that no Man without Virtue can be courageous.—You see I am courageous.—You'll say, I have killed a Man.—*Marlborough* killed his Thousands and *Alexander* his Millions :—*Marlborough* and *Alexander*, and many others who have done the like, are famous in History for Great Men.—But I killed one solitary Man.—Ay, that's the Case.—One solitary Man. I'm a little Murderer and must be hanged. *Marlborough* and *Alexander* plundered Countries.—They were Great Men; I am in Debt with the Ale-wife, I must be hanged.—Now, *My Friends*, I have drawn a Parallel between two of the greatest Men that ever lived and myself; but these were Men of former Days. Now I'll speak a Word of some of the present Days. How many Men were lost in *Italy*, and upon the *Rhine* during the last War, for settling a King in *Poland!* Both Sides could not be in the Right; they are Great Men; but I killed a solitary Man—I'm a little Fellow. The King of *Spain* takes our Ships, plunders our Merchants, kills and tortures our Men; but what of all that? What he does is good; he's a Great Man, he is clothed in Purple, his Instruments of Murder are bright and shining, mine was but a rusty Gun; and so much for Comparison.—Now, I would fain know what authority there is in Scripture for a rich Man to murder, to plunder, to torture, and ravage whole Countries; and what Law it is that condemns a poor Man to death for killing a solitary Man, or for stealing a solitary Sheep to feed his Family. But bring the matter closer to our own Country: What is the Difference between running in a poor Man's Debt, and by the Power of Gold, or any other Privilege, preventing him from obtaining his Right, and clapping a Pistol to a Man's breast, and taking from him his Purse? Yet the one shall thereby obtain a Coach, and Honours, and Titles, &c. The other—What?—A Cart and a Rope. From what I have said, *my Brethren*, you may, perhaps, imagine I am hardened: But, believe me, I am fully convinced of my Follies, and acknowledge the just Judgment of God has overtaken me; I have no Hopes, but from the Merits of my Redeemer, who I hope will have Mercy on me, as He knows that Murder was far from my Heart, and what I did was thro' Rage and Passion, being provoked thereto by Deceased. —Take Warning, *my dear Comrades:* Think! Oh Think! What would I now give, that I had lived another Life!'"

Sheep-stealing continued to be a capital offence for nearly a century after this memorable speech, which was delivered when George the Third was just one week old! On the very same page of the *Magazine* the birth of the infant Prince is thus recorded :—

"Wednesday, 24. This morning, between six and seven, the Princess of *Wales* was happily delivered of a Prince, at Norfolk House, *St. James's* Square, the Archbishop of *Canterbury* being present. . . . . The same day the new-born Prince was very ill, and at eleven at night was privately baptised by the Bishop of *Oxford* by the name of *George;* but next day was much better, and Her Royal Highness in a fair way."

The Workmen's Social Educational League held its third Annual Meeting on Saturday last at the rooms of the Society of Arts. Professor J. R. Seeley presided, and the Rev. H. Solly, Secretary, read the report, which congratulated the meeting on the result of the operations of the League, though the number of lectures recently delivered had not been so large as had been hoped—a circumstance probably owing in part to the late General Election. The amount of assistance rendered in leading and conducting discussions, and the yet larger amount of willingness to lecture, on the part of able and highly educated men, was a most gratifying proof of the practically unlimited supply of voluntary lecturing and teaching power ready to be devoted to the service of the working classes. Influential committees had been formed at Oxford and Cambridge Universities to co-operate with the League Committee in London.

The club attached to the Works of Messrs. F. Braby and Co., of Deptford, is celebrated for its activity, and for the advantages it provides for its members. Last Saturday the tenth annual gathering of members and friends of the Club was held, Mr. F. Braby presiding. The report, read by Mr. G. R. Humphrey, testified to the great use of the library, and how a series of Saturday afternoon visits by the members to

various places of interest had been carried out. An account was also given of the educational work of the institution in holding classes, and of its social and benevolent labours for the improvement of the condition of the workmen, there being a coal club, to supply coals direct from the merchant at cost cash price. Complaint was made in the report of the refusal of the Metropolitan Board of Works to allow a club-room to be erected—a complaint which was repeated in subsequent speeches.

The short debate on Opium in the House of Commons can hardly be considered satisfactory. The attitude assumed by Lord Hartington indicates that expediency rather than principle shapes the present policy. Mr. Passmore Edwards, M.P., did well by reprinting in the *Echo* of Monday last a speech delivered at Bath in 1858 on "Evils of the Opium Trade." From Mr. Edwards's lecture, which deserves a very extensive distribution, we extract the following:—

"The opium consumed in China is principally grown in India, and in the following manner: The soil is prepared and white poppy seeds are sown, and when the poppies have grown to a certain maturity, the ryots, or small tenant-farmers, make incisions in the capsules of the heads of the poppies. During the following night a gummy substance oozes from each incision, and when morning comes men, women, and children scrape off these small accumulations and put them together. This operation is repeated for three or four weeks, or whilst the poppy possesses the capacity to produce opium. The gummy substance is afterwards prepared, made into balls of two or three pounds each; the balls are wrapped in poppy leaves, put into chests, and sent to Calcutta, and two or three other towns in or near the sea coast. Opium, about a hundred years since, was consumed in China for medicinal purposes only, and it is within the memory of living men that the practice of consuming the drug in that country has grown into such a gigantic system. . . . . 'When the habit,' says a Chinese authority, 'becomes inveterate it is absolutely necessary to smoke at certain periods. The symptoms are—difficulty of breathing, chalky paleness, discoloured teeth, and a withered skin. *People perceive that it allures them to destruction without leaving them spirit to desist.*' Let me here quote the testimony of some official authorities and missionaries. Mr. Lay, Her Majesty's late Commissioner at Canton, says, 'the opium trade is hamstringing the Chinese nation;' and Mr. Marjoribanks, president of the Select Committee at Canton, says, 'To any friend of humanity it is a painful subject of contemplation that we should continue to pour the black and envenomed poison into the sources of human happiness—the misery and degradation occasioned by it are beyond belief;' and Mr. Montgomery Martin, a distinguished authority, who for many years was Her Majesty's Treasurer in China, when speaking of opium before a Select Committee of the House of Commons, said, 'I think it is desolating China, corrupting its government, and bringing the fabric of that extraordinary empire to a state of more rapid desolation.' The Rev. E. B. Squire, a Church of England missionary, says, 'Never, perhaps, was there a nearer approach to hell upon earth than within the precincts of those vile hovels where, likewise, gaming is carried on to a great extent. Surely it is an engine in Satan's hand, and a powerful one; but let it never be forgotten that a nation professing Christianity supplies the means, and that nation is England, through her possessions in Hindostan.' The Rev. Howard Malcolm, a well-known American missionary, says, 'The great blot upon foreigners at Canton, though not upon all, is the opium trade. No person can describe its horrors. We have little reason to wonder at the reluctance of China to extend her intercourse with foreigners, when such intercourse brings on pestilence, poverty, crime, and disturbance. That the Government of British India should be the prime abettors of this abominable traffic is one of the great wonders of the nineteenth century. The proud escutcheon of the nation which declaimed against the slave trade is thus made to bear a blot broader and darker than any other in the Christian world."

Truly we are a "Christian" country!—with one hand we force this poisonous drug upon unwilling recipients, while with the other we extend the blessings of Christianity and civilisation to the Zulus, employing the soldiery as the missionaries of the "Prince of Peace." But the sooner we drop the cloak of religion and call things by their right names, the sooner we shall undeceive ourselves. The world can hardly be deceived by so transparent a sham.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

To the Editor of "HOUSE AND HOME."

SIR,

The letter from a vegetarian correspondent contains so many astounding assertions and denials of Scripture that the wonder is how she could so have reckoned on the ignorance of your readers as to write such a letter. I will notice a few of its prominent points, and will endeavour to clothe my reply in *ladylike* language. She answers the assertion that Solomon's household consumed animal food by saying (I decline to quote her words) that he committed great sins. Quite true, but what have the two facts to do with each other? He did commit sins, left on record as a warning to all posterity that the wisest of mankind could, if left to himself, be guilty of any excess. But in spite of this dark side of his life what further testimony do the Scriptures bear concerning him? "God gave Solomon wisdom and understanding exceeding much, and largeness of heart, even as the sand that is on the seashore. And Solomon's wisdom excelled the wisdom of all the children of the east country. . . . For he was wiser than all men. . . . He spake three thousand proverbs. . . . And he spake of trees, from the cedar-tree that is in Lebanon —even unto the hyssop that springeth out of the wall. . . . And there came of all people to hear the wisdom of Solomon from all kings of the earth, which had heard of his wisdom." I do not quote the passage *in extenso*, for fear of making this letter too long. 1 Kings iv. 29, &c. Moreover, Jedidiah was added to his name, which means "Beloved of the Lord;" and so sincere and deep was his repentance of his sins that he was inspired to write three important books of the Old Testament—Proverbs, Ecclesiastes, and the Song of Solomon. I could quote a great deal more about him, as the visit of the Queen of Sheba to this most gifted man, his being chosen to build the magnificent Temple, and his marvellous prayer in 1 Kings viii., surpassed only by the prayers of our Lord; but I am unwilling to trespass on your space. What I have written is enough to prove that no lady need be ashamed of mentioning the name of Solomon. How grievously St. Paul erred in his persecution of the Church, by his own testimony!—and yet after his conversion to the faith, as recorded in Acts ix., he was inspired and commissioned to write a large part of the New Testament, even thirteen Epistles. At the disestablishment of the Irish Church, in 1869, the most excellent Dean of Gloucester made this pithy remark—"I have yet to learn that the best way to reform a man is to hang him." And so this correspondent, unable to meet the statements and arguments drawn from the Books of Leviticus and Deuteronomy, *quietly quashes* these Books. I confess to being petrified at this part of the letter, and so would every reverent believer in God's revelation; and I do not care to continue a discussion with those who avowedly and deliberately cast overboard a considerable part of the inspired volume.

I have no objection to reply to the letters of your medical correspondents, as I think much useful truth about diet is being elicited. Her letter in your last issue cost me a sleepless night, I was so deeply distressed by it.

Yours, &c.,

E. B.

To the Editor of "HOUSE AND HOME."

SIR,

Although prevented by the usages of society and the difficulty of getting a good vegetable meal from practising vegetarianism, I must say I think the vegetarians have all the best reasons on their side. Your correspondent "Homo" points to the carnivorous habits of animals as a justification for human beings eating flesh. Surely, this is an argument *a posteriori*, and in how many other respects does "Homo" wish us to take the lower animals for our pattern? Even such flesh-eaters as dogs and foxes can be brought up very well and to thrive on a vegetable diet. But man has no teeth adapted, as in those animals, for tearing flesh. If "Homo" takes the "plan of the universe" to be revealed in that which is common to the majority, he would be led to some startling results. If he had lived 2,000 years ago he would have maintained that as the worship of idols was common to the greater part of mankind, it must be right and ought to be continued. He asks, is not the almost universal practice of civilised man a complete set-off to the doctrines of vegetarians? Civilised man until lately was wont to burn heretics and witches by the hundred, to delight in cock-fighting and bull-baiting, to swallow alcohol to such a degree that "drunk as a lord" became a common expression, and to consider that the honour of a gentleman could by no means be satisfied except by the duel, and civilised man still goes to church and there records his belief with a loud tongue that the greater part of mankind must perish everlastingly. Must we, because these things were and are believed by crowds of the best-dressed and most civilised people of the most civilised countries, take them as representing a great and providential truth?

"Homo" is right in asking us to look at what has been achieved by meat-eating nations and individuals. Yet they have not been great because they fed on flesh, but have eaten flesh because they were rich and great, and could afford the luxury. Would not Newton have been still Newton if he had lived on porridge and milk? Would not Columbus have discovered the New World if he had never touched animal flesh? And it is remarkable that the nation which exhibits the greatest bodily, mental, and moral energy in modern times—namely, the Scotch—has been until quite recently nourished almost entirely by a simple vegetable diet.

As to the cattle on a thousand hills, they will only gradually be reduced, and why should they not? They will yield, like "the beasts of the field," to a higher civilisation. They are occupying ground on which human beings ought to flourish in their stead, for every beast represents many times the space occupied by an equivalent quantity of grain. Cattle are no more intended by providence to be multiplied for our stomachs' sake than foxes are intended to be multiplied for our sport. They will always be wanted for their milk, and there will be plenty of them to illustrate the text quoted by "Homo." I do not think that all persons can well dispense with flesh for food, but he who can live as heartily and happily without it undoubtedly adds to the wealth and happiness both of himself and of mankind.

I am, yours obediently.

R. R.

ON SAVING LIFE AT FIRES.

To the Editor of "HOUSE AND HOME."

SIR,

I am very much engaged just now in preparing an account of the Food Department of the Parkes Museum of Hygiene, but at the first opportunity I will bear in mind the suggestion of your correspondent, W. James, and endeavour to prepare for your columns, if agreeable to you, woodcuts of the plan for saving life illustrated in "Science Made Easy," and of the more complete appliance that was given in the *Graphic*.

Yours truly,

T. TWINING.

Twickenham, June 7th, 1880.

WHAT IS THE BEST REMEDY FOR BOILS?—Sulphide of calcium, undoubtedly. A tenth of a grain should be taken hourly, or every two or three hours, or Pr. 78 may be employed. It lessens the inflammation, and reduces the area of the boil. Moreover, it liquefies the core, so that it separates more speedily, and the troublesome little visitor is induced to take its departure. When the skin is not yet broken, and the slowly separating core not exposed, this medicine often converts the boil into a little abscess, which soon bursts, and the whole thing is over. If the sulphide is taken sufficiently early, the boil often dries up, the inflammation subsides, and a hard knot is left, which disappears in a few days without the formation of a core, and without any discharge. The sulphide exerts a marked influence on the general health, removing the debility and *malaise* so frequently associated with these eruptions. Not only will the sulphide of calcium, taken in the manner we have indicated, cure existing boils, but it will often prevent the formation of fresh ones.—From the *Family Physician* for June.

"THE VICAR OF WAKEFIELD."—This novel by Oliver Goldsmith was published in 1766, with the sub-title of "A Tale Supposed to be Written by Himself"—*i.e.*, the Vicar. It had been written as early as 1764, when Johnson, calling at his lodgings, found he had been arrested by his landlady for rent, "at which he was in a violent passion." "He had got a bottle of madeira and a glass before him. I put the cork into the bottle, desired he would be calm, and began to talk to him of the means by which he might be extricated. He then told me he had a novel ready for the press, which he produced to me. I looked into it, and saw its merit, told the landlady I would soon return, and, having gone to a bookseller, sold it for £60." The bookseller was Newberry, by whom the tale was issued on the 27th of March, 1766. By May a second edition had been called for; by August a third; and a sixth had been issued before Goldsmith's death in 1774. It was translated into most European languages, and it was only four years after its publication that Herder read a German version of it to the poet Goethe, who admired it greatly.—From *Cassell's Dictionary of English Literature* for June.

LADIES' WAISTS WHEN RIDING.—To argue with those infatuated females who superstitiously believe that men's eyes are charmed, and that men's hearts are won by a waist resembling as nearly as possible the form of a wasp or an hour-glass, would be a waste of time. No number of surgical cases would convince them that to compress the stomach, the bowels, the heart, the lungs, the liver, within the limits of a corset several sizes too small is, sooner or later, equally fatal to health and to beauty. But of one fact in regard to equestrianism they may easily convince themselves—namely, that as the elegance of a woman on horseback depends entirely on the flexibility of her figure, no woman can ever ride well enough to be worth looking at off a walk, unless she is contented with a corset that will support the body without compressing the vital internal organs. If she cannot lace her own boots and put up her back hair, she may give up the idea of becoming a horsewoman, or anything better than a stuffed doll on horseback. A woman who means to ride well can neither afford to cramp her muscles nor to impede the circulation of her blood.—From the *Book of the Horse* for June.

STILTON CHEESE.—The first cheese of this kind is said to have been made by Mrs. Paulet, of Wymondham. The following is given as the best receipt for making it at that period: "Take the milk of seven cows and the cream of the same number; heat a gallon of water scalding hot, and pour it upon three or four handfuls of marigold flowers that have been bruised a little; then strain it into a tub to your milk, and put some rennet to it, but not too much, to make it hard; put the curd into a sieve to drain—it must not be broken at all, but as the whey runs from it tie it up in a cloth and let it stand half-an-hour or more; then pour cold water upon it, enough to cover it, and let it stand half-an-hour more; then put half of it into a vat six inches deep, and break the top of it a little to make it join with the other; then put the other half to it, and lay a half-hundredweight upon it, and let it stand half-an-hour; then turn it and put it into the press, and turn it into clean cloths every hour the day it is made; the next morning salt it, and let it lie in salt a night and a day; keep it swathed tight till it begins to dry and coat, and keep it covered with a dry cloth a great while. The best time to make it is in August."—From *Dairy Farming*, by Professor Sheldon, for June.

GEMS OF THOUGHT.

WHY are not more gems from our great authors scattered over the country? Great books are not in everybody's reach; and though it is better to know them thoroughly than to know them only here and there, yet it is a good work to give a little to those who have neither time nor means to get more. Let every bookworm, when in any fragrant scarce old tome he discovers a sentence, a story, an illustration, that does his heart good, hasten to give it.—*Coleridge.*

——Elegies,
And quoted odes, and jewels five words long,
That, on the stretched fore finger of all time,
Sparkle for ever.
Tennyson.

Satire is a greater enemy to friendship than is anger.—*H. A.*

He that studieth revenge keepeth his own wounds green.—*Bacon.*

How many men have lacked friendship rather than friends!—*Seneca.*

Rest not in an ovation, but triumph over thy passions.
Sir Thomas Browne.

Those who are greedy of praise prove that they are poor in merit.—
Plutarch.

Know how to listen, and you will profit even from those who talk badly.
—*Plutarch.*

Good breeding shows itself most where to an ordinary eye it appears the least.—*Addison.*

Those who want friends to open themselves into are cannibals of their own hearts.—*Bacon.*

One has never so much need of his wit as when one has to do with a fool.—*Chinese Proverb.*

As hills of sand to the steps of the aged, so is one of many words to a quiet man.—*The Son of Sirach.*

A short petition to a great man is not only a suit to him for his favour, but also a panegyric upon his parts.—*Bishop South.*

It is a hard and nice subject for a man to speak of himself; it grates his own heart to say anything of disparagement, and the reader's ears to hear anything of praise from him.—*Cowley.*

Learn to admire rightly—the great pleasure of life, that. Note what the great men admired; they admired great things; narrow spirits admire basely, and worship meanly.—*Thackeray.*

Men believe that their reason is lord over their words, but it happens, too, that words exercise a reciprocal power over our intellect. Words as a Tartar's bow shoot back upon the understanding of the wisest, and mightily entangle and pervert the judgment.—*Bacon.*

Always say a kind word if you can, if only that it may come in, perhaps with singular opportuneness, entering some mournful man's darkened room, like a beautiful firefly whose happy circumvolutions he cannot but watch, forgetting his many troubles.—*Friends in Council.*

Parting and forgetting! What faithful heart can do these? Our great thoughts, our great affections, the truths of our life, never leave us, surely; they cannot separate from our consciousness, shall follow it whithersoever that shall go, and are of their nature divine and immortal.—*Thackeray.*

Reading without purpose is sauntering, not exercise. More is got from one book on which the thought settles for a definite end in knowledge than from libraries skimmed over by a wandering eye. A cottage flower gives honey to a bee, a king's garden none to the butterfly.—*Edward Bulwer.*

Reading furnishes the mind only with materials of knowledge; it is thinking makes what we read ours. We are of the ruminating kind, and it is not enough to cram ourselves with a great load of collections; unless we chew them over again they will not give us strength and nourishment.—
Locke.

Talent is power; tact is skill. Talent is weight; tact is momentum. Talent knows what to do; tact knows how to do it. Talent makes a man respectable; tact will make him respected. Talent is wealth; tact is ready money. . . . Talent is pleased that it ought to have succeeded; tact is delighted that it has succeeded. Talent toils for posterity, which will never repay it; tact throws away no pains, but catches the passions of the passing hour. Talent builds for eternity; tact for a short lease, and gets good interest.—*Anon.*

THE HOUSEWIFE'S CORNER.

BROWN BREAD OF GRAHAM FLOUR.

Take one cup of milk; add hot water to warm, thicken with sifted flour sufficient to make a sponge; stand overnight in a warm place. In the morning add half a cup of milk, with hot water, one cup molasses, one cup butter, one teaspoonful salt; mix with Graham flour with a spoon until all is smooth. Pour into bread-pans half full; let stand in a warm place until the pans are almost full. Bake for an hour in a moderately hot oven; have a steady fire.

ORANGE CAKE.

Two cups of sugar, two-and-a-half cups of flour, half a cup of water, a pinch of salt, one teaspoonful of cream tartar in the flour, half a teaspoonful of soda in the water, yolks of four eggs, whites of two, juice and grated rind in the cake of one orange. Bake in four layers or cakes. Filling for cake: Whites of two eggs, well beaten, eight tablespoonfuls of powdered sugar, juice and grated rind of one orange. When cool, spread on the cake.

PLUM PUDDING.

One baker's four cent loaf of bread, on which pour a quart of boiling milk, one pound of raisins, two eggs, nutmeg and cinnamon for spice, piece of butter half as large as an egg, nip of salt, cup of molasses and a cup of sugar. Put the raisins in the last thing, after rubbing them in flour. Bake in a pan such as you would boil a pudding in, three or four hours in a slow oven. Turn out when cold.

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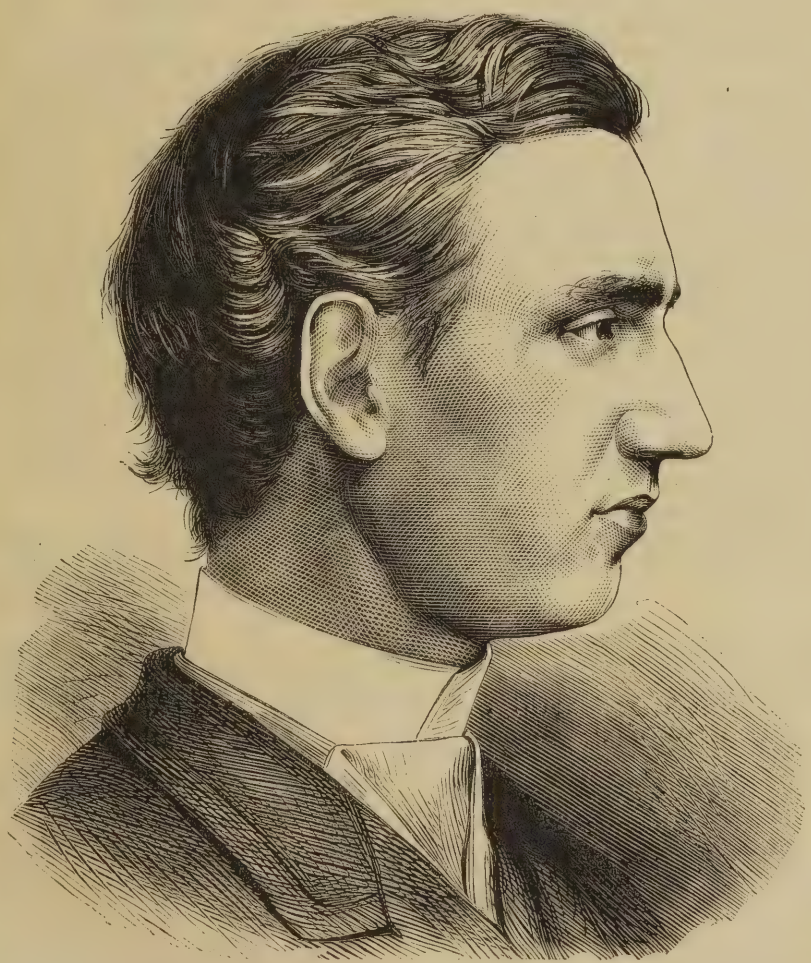

THE KING OF GREECE.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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THE KING OF GREECE.

HIS MAJESTY GEORGE I. (Christian William Ferdinand Adolphus George), king of Greece, is the second son of the King of Denmark, and brother to Her Royal Highness the Princess of Wales. He was born December 24th, 1845, and he served for some time in the Danish navy. After the abdication of Otho I., late King of Greece, the vacant throne was offered by a majority of the Greek people to Prince Alfred, Duke of Edinburgh, but the English Government refused to sanction his acceptance of it. It was then offered to and declined by the Duke Ernest of Saxe-Coburg and Gotha, and eventually it was accepted by Prince Christian of Denmark, who began his reign as George I. of Greece, with the concurrence of his own family and the European powers. On October 27th, 1867, he was married at St. Petersburg to Princess Olga, daughter of the Grand Duke Constantine.

King George's visit to this country has been made the occasion of presenting him with an address from the City Corporation. On the 9th inst., Sir John Bennett moved in the Court of Common Council—

"That an address be presented, in a suitable gold box, to His Majesty the King of the Hellenes, and that His Majesty be invited to attend at the Guildhall for the purpose of receiving the same."

The resolution, having been seconded by Sir B. S. Phillips, was carried by acclamation.

Regarding the Government of Greece, our readers may be interested in learning from Sir John Bennett's speech that—

"King George is at the head of affairs, and very properly, under constitutional regulations and laws, popular power sends the members to the National Assembly. Their suffrage is as popular as we wish to see it in this country shortly. They not only have manhood suffrage, but also short terms of Parliamentary existence. The members of the National Assembly go before their constituents much more frequently than our representatives do, and the result is that the popular wants, aspirations, and necessities are so completely under the control and authority of the legislative body that neither the king nor his officers can do wrong without being promptly brought to account. That is a hopeful state of things. I hope, therefore, that the Court will do what will be agreeable to the reigning and ruling authorities at home, to the citizens of London, to the municipal body, and most certainly to His Majesty himself."

On Wednesday last the King of Greece, accompanied by the Prince and Princess of Wales, the Duke of Cambridge, and other members of the royal family, arrived at the entrance-hall, where a guard of honour, consisting of the Honourable Artillery Company, of which corps the Prince of Wales is Captain-General, was stationed. Here the royal party were received by the Lord Mayor (Sir F. W. Truscott), the Sheriffs in State, the Reception Committee, the Aldermen, Recorder (Sir Thomas Chambers, Q.C., M.P.), and Town Clerk, and were escorted to the Library. Among the brilliant assembly there waiting were Mr. and Mrs. Gladstone, Earl Granville, Sir C. W. Dilke, Earl Sydney, Professor Fawcett, M.P., and Mr. J. Holmes. The Recorder read the address, as follows :—

"To His Majesty the King of the Hellenes,—May it please your Majesty, We, the Lord Mayor, Aldermen, and Commons of the City of London, in Common Council assembled, desire to offer to your Majesty our respectful and hearty welcome on the occasion of your Majesty's auspicious visit to this country. We have watched with much interest the progress of the Kingdom of the Hellenes under the benign sway of your Majesty, and the extraordinary development of commercial enterprise with foreign states, and particularly with Great Britain, since your country was liberated and placed under a free constitutional rule. We notice with extreme satisfaction the steps taken by your Government to promote the education of your people, believing that in their intellectual culture lies the best promise of the revival of the early glories of literature, the drama, philosophy, and the fine arts of ancient Greece, the parent of much of our modern civilisation. We confidently trust that your Majesty may be long spared to rule over a free and enlightened people, to aid in the development of their national resources, and to witness their growing happiness and prosperity."

The address was then presented by the Lord Mayor to His Majesty. The casket was manufactured by Mr. J. W Benson, in pure Greek style, standing upon a blue velvet cushion with gold roses, oblong-octagonal in form, supported at the four corners by City dragons grasping a shield bearing the City arms. The front has a medallion portrait of the King of Greece, festooned with fruit and flowers, a laurel branch denoting success. Below the obverse contains a similar shield for inscription. Above the portrait is the Petasus (winged cap of Mercury), the favourite Greek emblem of commerce. The King's initial, "G," enamelled in blue and white, is pendent below. The royal orb of Greece commands exalted positions at each corner of the cover, around the extreme edge of which are tablets containing names of celebrated Greek poets, philosophers, and orators. The Greek honeysuckle ornament on the box, and the Grecian key-border round the base, suggest the art for which Greece was so renowned. The whole is surmounted by

the Greek arms, with the national supporters finely modelled upholding the jewelled crown of the King of Greece.

The King of Greece replied as follows :—

"My Lord Mayor and Gentlemen,—I am very sensible of the high honour which you have conferred upon me, and I shall ever value most dearly the possession of the address presented to me by the Corporation of this ancient and illustrious City. England's share in the efforts which resulted in the establishment of the Greek Kingdom, and the glorious deeds of those Englishmen who took an active part in the regeneration of Greece, are still, and always will be, fresh in our minds. I feel gratified to hear that you have remarked and appreciated the truly remarkable progress achieved by my people since their liberation. This development of their prosperity justifies past sacrifices, and confirms the conviction that Greece will not fail to contribute to and accelerate the civilisation of that part of Europe."

The mover of the address, Sir John Bennett, chairman of the committee, together with the seconder, Alderman Sir Benjamin Samuel Phillips, were duly presented to His Majesty, and the ceremony concluded.

At the luncheon which followed, attended by almost 1,000 persons, King George, in response to the toast to his health, proposed by the Lord Mayor, said :—

"My Lord Mayor, your Royal Highnesses, my lords, ladies, and gentlemen,—I thank you most heartily for the kind manner in which you have received this toast, and I am deeply touched by the sympathy you have shown me and my country on this occasion. (Cheers.) I look upon this, not only as a personal compliment to myself, but also as one to the cause of freedom which I represent in that part of Europe. (Cheers.) If I felt more at home in the language in which I am now addressing you, I should desire to enter more into detail regarding the internal progress which Greece has made of late years. But as it is, I trust you will believe my assurance that the progress has been real and material, alike in regard to the tranquillity and good order of the country, and its internal development in respect of commerce, and the creation of roads. I feel persuaded that as soon as the frontier question is settled the work of railways, in order to unite Greece with other parts of Europe will be at once commenced. (Cheers.) Let me once more thank you, with all my heart, for the kind welcome which you have given me to-day, and which I can assure you I shall never forget." (Loud cheers.)

His Royal Highness the Prince of Wales and Mr. Gladstone also took part in the proceedings—the latter in the course of his speech, saying :—

"May I be permitted to assure your Majesty in brief terms of these three things? In the first place the English people of this generation are not less sensible than were their forefathers of the debt which they, in common with the world, owe to the forefathers of the present Greek nation. The love of Greek letters does not, I am happy to think and to know, decay among us, and of that there are abundant proofs. Let me say, in the second place, that the race which now bears the Hellenic name upon the earth shows abundant indications of the stock from which it is derived, and gives from year to year more and more proofs that it is a living and not a dead race—a race that has a great future as well as an illustrious past, and that the fountain which has so long been open to mankind is a fountain which is not yet exhausted. (Loud cheers.) Next and last, let me venture to convey the assurance that we rejoice to witness the progress which, under a Sovereign devoted, wise, and good, the country is steadily making in all that contributes to the development of its wealth, to the increase of its happiness, to the full resumption of its place among the representatives of Christian civilisation." (Cheers.)

GREECE FOR THE GREEKS!

For Greece, for Hellas, strike, my song.
To-day must straight decree
If Greeks, the foul Turk's slaves so long,
Henceforth their slaves shall be.
We, who have struck for freedom still,
To-day shall we not speak
The word that sunders chains, and will
All Hellas to the Greek?
Greece for the Greeks! Up, let that shout
From England's tongue be thundered out.

Sunrise of genius, thou, divine
With freedom, art, and thought;
First in the race, it was from thine
Man's hand the bright torch caught.
All after-lands, that flashed it on
And dazed mankind with light,
Knew, lit by thee, that radiance shone
That gave the nations sight.
Greece for the Greeks! Oh, men, to-day
Our sumless debt shall we not pay?

Thou land of Shakespeare, shalt not thou
Remember her who bore
The mighty three whose voices now
Still move thee evermore?
Hark! how her great ones call to thee
From out their glorious graves:
"We teach thy wisest. Can it be,
Thou'lt leave our brethren slaves?
Greece for the Greeks! Thou, England, thus
Shalt pay the debt thou ow'st to us."

We hear! we hear! Foul shame it were
To us, could Athens cry,
And her all-glorious voice not stir
Our hearts to swift reply.
Freemen, 'tis ever ours to stand
And strike beside the free,
And will we, oh, thou lustrous land!
Not wield our might for thee?
Greece for the Greeks! Up with that cry,
And free the Greek eternally.

W. C. Bennett.

HEALTH.

By W. H. Corfield, M.A., M.D., M.O.H., &c.
(*C. Kegan Paul and Co., London.*)

The exhaustive discussions which preceded the introduction of the Public Health, the Food and Drugs, the Rivers Pollution, and the Artisans' Dwellings Acts of 1875, and the operations of the Acts themselves since they have been in force, have been the means of accomplishing a great deal of good in a way that the framers of the Bills themselves scarcely anticipated. The revelations which were made, and the discussions which took place, opened the eyes of the public generally to the manner in which the poor—and for that matter the well-to-do—population lived and died in large towns, and in consequence the comparatively new doctrine of *Sanitas sanitatum* became a power in the land. The wealthy classes soon saw that though zymotic, or filth diseases, as Mr. Simon aptly termed these preventable diseases, began at home, in the slums, alleys, and hovels of the poor and vicious, they did not remain there, but

on the contrary quickly travelled to the houses of the wealthy. The Prince of Wales was not exempt from typhoid, which has visited Marlborough House on more than one occasion. The instinct of self-preservation was aroused, and for a time a sanitary scare prevailed. We were flooded with sanitary literature of most unequal merit, and some of an alarming character, sanitary inventions with still greater inequalities of merit, or demerit, sanitary publications, associations, panaceas, institutions, disinfectors, engineers, inspectors, sanitary carbon, sanitary soap, sanitary exhibitions, and last, but not least, a sanitary Utopian Salutland, which Dr. Richardson evolved from the depths of his memory and inner consciousness. All the houses of this wonderful place had gardens on their tops. The inhabitants lived on fruits and vegetables, and having little real work to do spent their time in the study of Shakespeare and the musical glasses, or in drawing from the antique.

Now, it is no disparagement to a great and good cause to say that many of the disciples have done more harm than good to the objects they wished to promote. Christianity itself is no exception to the rule. Still the introduction of the Public Health Act was a great movement, and one which intimately affected the health and well-being of all classes.

The Public Health Act brought prominently into the front and reorganised a class of medical and sanitary officers whose existence and powers had been hitherto little more than nominal. The function of these officers was not to cure disease, but to prevent it, by studying its causation. Remove the cause, and the effect ceases. The University of Cambridge was the first to recognise the importance of this new department of State medicine, by instituting a C.S.S. (Certificate of Sanitary Science) degree, the value of which is now fully recognised in the medical schools. The candidate for this honour has no easy task. He is expected to have a knowledge of building materials and construction, medicine, jurisprudence, meteorology, geology, hydraulics, dynamics, flow of fluids and gases, chemistry, and chemical analyses, and a practical knowledge of the Public Health Acts. This last item is no light undertaking, for Lumley's edition of these laws makes a respectable volume of six hundred and thirty-eight pages, and new precedents are constantly arising. The Public Health Act alone amalgamated no less than twenty-nine previous statutes.

It was not to be expected that the general public could master all the knowledge implied in a C.S.S. degree, or even the details of the laws referred to, notwithstanding the legal axiom that ignorance excuseth no man.

It was felt, however, by a number of active and practical philanthropists, that if an elementary knowledge only of the laws of health and physiology could be disseminated among the people, a great reform would be set on foot. The masses could be taught that the preservation of health depended in a great measure upon that cleanliness without which true godliness cannot exist. With this view a number of sanitary associations were established in various parts of the kingdom by thoughtful people. We might mention the Manchester and Salford Sanitary Association, the Hastings, Dublin, Ladies' Sanitary Association, and the National Health Society, among many. In fact, in some respects, sanitary lecturers sprang up like armed men out of the ground, and occasionally the teachers themselves were somewhat under-taught. These apostles, however, soon found their level. The committees of the different associations discovered that if they wished to succeed in their undertaking they must have qualified lecturers. The late Canon Kingsley was one of the first to point out this fact in his essay on "Science and Health," in which he said, in his manly, straightforward way :—

> "After we have taught the condition of health, we must teach also the condition of disease, of those diseases especially which tend to lessen wholesale the health of townsfolk, exposed to an artificial mode of life. Surely young men and women should be taught something of the causes of zymotic disease, and of scrofula, consumption, rickets, dipsomania, cerebral derangement, and such-like. They should be shown the practical value of pure air, pure water, unadulterated food, and dry dwellings. Is there one of them, man or woman, who would not be the happier and the more useful to his or her neighbours if they had acquired some sound notions about those questions of drainage on which their own lives, and the lives of their children, may every day depend? I say women as well as men—I should have said women rather than men, for it is the women who have the ordering of the household, the bringing up of the children, the women who bide at home, while the men are away, it may be at the end of the earth."

The National Health Society and the Trades Guild of Learning, having been fully impressed with the soundness of the foregoing advice, engaged Dr. Corfield to deliver a public course of nineteen lectures on health, and the volume we are now discussing contains the substance of those lectures, in the following order—general anatomy, circulation of the blood, respiration, nutrition, the liver and excretory organs, the nervous system, organs of the senses, health of the individual, the air, lighting, warming, and ventilation, foods and drinks, drinking-water, climate, houses and towns, smallpox, communicable disease.

The committee were happy in their choice of a lecturer, for Dr. Corfield is one of the leading practical sanitarians of the present day, and bears his blushing honours thick upon him. He is the medical officer and public analyst of St. George's, Hanover Square, Professor of Hygiene and Public Health at University College, and Examiner in Public Health at the University of Cambridge and the Sanitary Institute of Great Britain, as well as one of the judges of sanitary inventions which are exhibited periodically under the auspices of the last-named Institute; and moreover he is secretary to the Association of Medical Officers of Health. What is more to the point, however, in a public teacher, Dr. Corfield knows exactly what to say, and how to say it in a manner that can be readily understood by a popular audience.

It is scarcely necessary for us to deal with these lectures *seriatim*: they are, in a manner, both above and below criticism—above it, because Dr. Corfield is a safe and reliable guide—and below it, because the lectures, having been delivered extempore, and dealing with such a wide range of subjects, must necessarily be somewhat superficial and lacking in literary finish. It is not necessary for us to deal with the discourses on elementary physiology; we could wish, however, that Dr. Corfield had dealt more fully with the subject of infant health, and the necessity of a proper dietary. This is a matter on which the greatest possible amount of ignorance exists on the part of those who ought to know better. Dr. Corfield very properly insists on a milk diet for healthy infants, and buttermilk for those who suffer from weak digestion, and also the avoidance of starchy foods, but he omits to mention Liebig's system of malting food, by which the starch is converted into

dextrine, which is readily assimilated. We have seen this malted food administered with the happiest results in wasting diseases. The cruelty and fallacy of attempting to bring up a child hardy is fully exposed, as is also the needless amount of mortality by improper treatment in the case of rickets. On this subject Sir William Jenner says:—

"Diffusion of practical knowledge is the great preventive remedy of rickets. Law can aid in the spread of that knowledge, and society, if it did its duty, would remove the subsidiary causes of the want of light and overcrowding. Inevitable poverty might still keep rickets in a grave form among us, but were rickets kept within unpreventable limits, the death-rate of infants in London would be perceptibly diminished. I should say that rickets so severe as to lead even indirectly to death would be comparatively rare did the poor know how to feed a young child—were the poor aware of the necessity of the infant being fed with food fitted to its age. To teach young girls how not to destroy their future infants is surely as important as to teach them much of what is now considered essential for them to know."

Dr. Alfred Carpenter made a somewhat similar remark some ime since when advocating the necessity of imparting a knowledge of the laws of health to children, which he thought would be more useful than cramming them with a knowledge of the height and distance of Chimborazo, or the fact that Saturn possesses eight satellites.

In the two chapters on air Dr. Corfield deals with the impurities arising from respiration of the products of combustion from heating and lighting, the poisonous exhalations from various factories, such as white lead, zinc, bone-boiling, iron and steel working, cotton and silk mills, and the poisonous qualities of arsenical papers. In the case of factory operatives much of the evil could be alleviated by their adopting means placed at their disposal by the employers in the way of respirators and baths. In the former case men will decline to wear them on account of the ridicule they are exposed to from their fellow-workmen, and voluntarily shorten their lives from a fear of being quizzed; truly, familiarity with danger brings contempt. This subject was brought under the notice of the Sanitary Institute of Great Britain at the meeting at Stafford, and fully discussed there. The late Dr. Letheby also read a capital paper on the subject. On the question of ventilation Dr. Corfield is practical, but the difficulty of constantly changing the air of a room without causing a draught is almost insuperable, notwithstanding the many so-called "perfect" systems that are announced and illustrated by diagrams as full of arrows as a quiver, all pointing the way which the air *should* go, but which more often it does *not*. The lecturer recommends *Louvre* ventilators, but they are unsightly, and so also is Dr. Hincks Bird's system of placing a small slip of board below the bottom sash, and obtaining a vertical up-current between the upper and lower sash. A very neat form of room ventilator, however, is Sharp's, which can be made almost invisible and yet allow of a good up-current of air to enter the room. Ellison's conical perforated bricks and tiles also are good and not expensive for drawing out the vitiated air; a fixed head ventilator acting on the exhaust system seems preferable to any form of revolving cowls, which are open to two objections—the bearings and points wear out, and interfere with the sweeping of the chimney.

Drinking-water is necessarily one of the most important subjects which a sanitarian has to consider. The facility with which water will absorb and disseminate typhoid and other disease-germs is well known at Over Darwen and Lewes, and many other places. The epidemics which occurred at those two places were caused by the pollution of the water supply. One very prevalent and unpardonable cause of illness and annoyance is due to the foul state which householders allow their cisterns to become from sheer culpable carelessness. In many instances we could name these receptacles are not emptied for years. Dr. Humphrey Sandwith some time ago drew attention to the foul state of the water supplied to his club (the Athenæum, we believe), but this was more due to negligence on the part of the officials, whose duty it was to see to the tanks, which had not been cleaned for an indefinite time. Mr. William Eassie records an instance in which he found the boiler-tank of a West End mansion half full of beetles' wing-cases; the bodies of the coleoptera had been dissolved, and probably taken in solution by the members of the household. Even if such needlessly foul water does not cause active and serious illness, it must cause a great amount of nausea and sickness, and bring the body in a low, susceptible state that it would readily take any illness or epidemic that might be prevalent at any time.

Apart from the foregoing dangers there is that fruitful cause of disease from allowing the waste-pipe to communicate with the sewer or drain. Of course Dr. Corfield speaks strongly on that point. He is great also on the question of drain-traps, syphons, ventilation of sewers, and other details. He suggests the advisability of utilising Barff's rustless iron for sanitary purposes, but he has overlooked the fact that Mr. Jewell has utilised this material for some time past in the construction of his doubly syphoned and doubly ventilated sewer traps and receptacles, the result being highly satisfactory. They were exhibited at Croydon at the Sanitary Congress last year.

Anti-vaccinators will do well to read attentively the chapters on preventable diseases, smallpox, and vaccination.

We agree with Dr. Corfield in his remarks as to the disposal of sewage. It came from the land, and ought to be returned there. The details, however, must be subject to local circumstances. At Croydon sewage-farming is successful from the nature of the soil—a light loam with a substratum of gravel and ferruginous sand—and the land is so situated that the sewage gravitates of itself and no pumping is required. At Coventry, however, a different system, of precipitating with aluminum, prevails, and the sludge alone is sold for manure, and the comparatively pure effluent flows into the river direct.

We are undoubtedly guilty of a grave national crime in turning our sewage into the river, fouling the stream and silting it up. A large number of the ill-fated passengers of the "Princess Alice" were literally poisoned or choked with sewage-water rather than drowned. If that intolerable New Zealander that Lord Macaulay kidnapped from some earlier writer appears, he will find, at the rate we are going on, London Bridge buried in a mud-bank of sewage, which had previously spread disease, pestilence, and death over the land, which had refused to give its increase on account of having been robbed of its proper nourishment.

It is unnecessary for us to follow Dr. Corfield *seriatim*, for the reasons mentioned before. There are a great many books of a similar character in existence, but on the subject of sanitary science one can scarcely have too many. An apostle of public health like Dr. Corfield has to hammer the same nail on the head many times, and before any great impression can be made, he has to "iterate, reiterate, and *damnably* iterate" the same facts and the same lessons. This will atone, therefore, for a want of literary finish which the book shows, and for a somewhat bald preface. It will not atone, however, for the want of an index or table of contents, which is an unpardonable fault; in other respects the book is well got up.—T. W. Marchant.

WORKING MEN'S CLUB AND INSTITUTE UNION.

THE annual meeting of the Working Men's Club and Institute Union was held in the Westminster College Hall on Saturday afternoon last, under the presidency of the Very Rev. the Dean of Westminster. There were also present Mr. James Russell Lowell (the American Minister), Lords Ashley and Mount-Temple, the Hon. Dudley Fortescue, Sir A. Hobhouse, Q.C., K.C.S.I., Canon Farrar, Professor Flower, Mr. Thomas Hughes, Q.C., &c. Letters of apology for absence, and expressing sympathy with the movement, were read from the Bishops of Manchester and Peterborough, Lords Derby, Sherbrooke, Lyttleton, Harris, and Carnarvon, Mr. W. H. Smith, M.P., and Mr. Broadhurst, M.P.

Mr. HODGSON PRATT, the chairman of the council, read an abstract from the eighteenth annual report, from which we select the following paragraphs :—

"Considering how large a number of clubs have been established during the last few years, and the fact that most towns are now supplied with these institutions, it cannot be expected that the rate of increase shown a few years ago should continue unabated. It is satisfactory, therefore, to report that twenty-eight new clubs have been affiliated to the Union during the past year—five in the Metropolis, and twenty-three in the counties of Shropshire, Northumberland, Lancashire, Northampton, Staffordshire, Kent, Essex, Somersetshire, Brecon, Sussex, Yorkshire, Oxfordshire, and Nottingham.

"The total number of clubs and institutes now recorded on the society's register are 932, of which 520 are affiliated ; but a very large number of those which are not affiliated have received services at the hands of the society.

"There are upwards of 200 clubs which recognise the Union card of 'Associate' as entitling the holder to admission to their premises in the capacity of 'honorary member,' under the conditions prescribed by Sir Stafford Northcote, when Chancellor of the Exchequer, in 1875.

"It is satisfactory to find that the revenue derived by the Union from the fees paid by Associates is steadily increasing ; and indeed there is no reason why, in course of time, the central society should not be entirely maintained by these payments. When that time arrives, the council will, of course, be elected by the clubs, and the administration of the Union will be wholly determined by them. The present council would regard such an evolution as in every sense healthy and desirable. . . . . .

"It has been stated in previous reports how greatly the demand has increased for lectures at the London clubs, especially on Sunday evenings ; and the council are most anxious to take advantage of the opportunity thus afforded for diffusing valuable information, and for creating a taste for self-culture and study. As in former years, the council published, in the autumn, a list of ladies and gentlemen who had kindly consented to take part in this useful work, specifying the subjects on which they were prepared to lecture. A list of those to whom the council are indebted for this service is given in the appendix ; and they earnestly beg that any persons who can aid them for the next winter in the same manner will be so good as to communicate with the Union office. Those members of the council who have lectured are glad to bear testimony to the attention with which they were listened to, in many cases by crowded audiences of both sexes. Through the agency of this society thirty-five lectures have been delivered at twenty-six clubs in the Metropolis alone during the past winter. . . . . .

"SATURDAY AFTERNOON VISITS.—The excellent plan of arranging for visits to places of interest on Saturday afternoons, originated by the society more than ten years ago, has been continued, and parties have visited the National Portrait Gallery ; the School of Mines (twice); the Parkes Museum of Hygiene, at University College ; the Tower of London ; the Zoological Collection (twice) and the Collection of Egyptian Antiquities of the British Museum ; and the Museum of the College of Surgeons. In these visits they have had the kind and valuable services of Mr. Edward S. Pearson ; Professors Rudley and Everidge ; the late Mr. Hepworth Dixon ; Dr. Gunther ; Professor Flower ; and Dr. Birch.

"The council are particularly indebted to Mr. Mark Judge for his kind help in arranging for the four visits to the Parkes Museum, and to the Professors who afforded most valuable and practical information ; to Professor Corfield, on house drainage and ventilation ; to Dr. Poore, on food ; and to Dr. J. C. Steele, on the hospital and sick-room.

"The council would have been glad to print some new 'Occasional Papers,' prepared by them for the use of the clubs, had their funds permitted. As it is, they have only been able to print fresh editions of existing papers, together with a 'New and Revised List of Clubs for London and the Provinces.' They have issued about ninety circulars on matters of more or less permanent value to their affiliated institutions, and have published a 'Handbook of London Clubs,' referred to elsewhere. . .

"The readers of this and former reports have seen that the Council are often obliged to limit their work for want of funds. That cause still prevents them from resuming the publication of the *Weekly Journal*, the want of which, as a means of constant and effective communication with and between the clubs, is so greatly needed."

The financial statement showed the receipts for the year to have been £1,143, of which £602 was received as subscriptions and donations—the balance against the Union being £303. The expenditure for the year amounted to £1,072.

Lord MOUNT-TEMPLE moved the adoption of the report, and said that it amply justified any amount of support which was given to the society. The Union was the friend, the guide, and the counsellor of thousands of working men. He particularly congratulated them on the encouragement that had been given to athletics ; and in reference to the burning question of alcoholics in clubs, he thought it best to allow perfect freedom in that regard. (Hear, hear.)

Canon FARRAR seconded the motion, expressing hearty sympathy with the Union. It had done the best work in the best direction. It deserved sympathy because it did not pauperise, pamper, or patronise the working men, but taught them to elevate themselves. Any one who knew how unhealthy many working men's homes were could imagine how easily men were driven to take refuge in the public-house, with its brutalising influences. The bad house acted in driving men to the public-house, while the public-house reacted upon the wretched home, increasing and intensifying the evil. (Hear, hear.) The Union deserved support because it sought to remove these evils by gradual means. It put something better in the place of existing temptations to evil.

Sir ARTHUR HOBHOUSE, Q.C., moved :—

"That the aim and work of the society in facilitating the rational and useful employment of men's leisure-time, whether in self-culture or in various forms of provident organisation, are such as entitle the society to the support of all classes." He had recently been in the habit of meeting large numbers of the working classes of Westminster, at political gatherings ; this evening, however, he met them on common grounds. Men of all political views could unite to promote the object they had in view. He congratulated the society on its work, and on its present position. There was, he said, plenty of ground for such good seed to take root in. Men were after all only what circumstances made them, and as opportunities for rational enjoyment were given them, the working classes would learn to appreciate that form of enjoyment more and more.

Mr. FISHBOURNE seconded the motion.

Lord ASHLEY, in moving the next resolution, remarked that all who remembered the young men in our streets at the time the volunteer movement was inaugurated, and compared them with what they now were, must acknowledge the vast improvement which had taken place in their physique. (Hear, hear.) On the alcoholic question, which had so often created disunion in clubs, he agreed with his friend Lord Mount-Temple, that it was best to allow perfect liberty in the matter. It was a question of management, and should be dealt with by each club for itself. The provision of facilities for athletics was calculated to increase the popularity of the clubs, for while a few members might be satisfied with reading a book—and some very good books were dry reading—others would be attracted in larger numbers by the good old English game of cricket, and other sports. He did not believe in work at all times. "All work and no play made Jack a dull boy." The clubs would have a salutary effect in teaching manners to those of their members who did not know how to behave. He did not mean to say that badly-behaved people were alone found amongst the working classes. They were found, unfortunately, in higher circles ; but in a club, whether aristocratic or such as they were promoting, if a man did not behave himself, he found himself "cut." (Cheers.) In his opinion the masses of the people would be benefited by the opening of museums and art galleries on Sundays. (Hear, hear.) This was not a religious question. We were Christians in this country, and the Christian Sunday was not like the Jewish Sabbath. It was altogether a mistake to so regard it. (Hear, hear.) But he was for a day of rest, and the attendants at museums ought to be considered. They ought not to be made to work seven days. It was for such societies as theirs to meet the difficulty by providing relays of volunteer attendants. (Cheers.) He moved :—

"That the efforts made by the society to encourage the practice of manly and healthy forms of recreation, such as cricket, rowing, swimming, athletics, and rifle-shooting, as being important to the healthy enjoyment of town populations, deserve hearty recognition."

This was seconded by Professor FLOWER, who called attention to the unnatural shape of a pair of boots about to be presented by the Union as a prize. He had recently lectured upon the distortions of fashion before a learned society, but as the evil affected all classes, he was willing to repeat the lecture to the members of the Union whenever Mr. Pratt made the necessary arrangements. He heartily supported Lord Ashley's view. His own sons were that afternoon rowing on the Thames, and he himself would have been with them but for that meeting. Next to that meeting, on the Thames would have been the best place for him to spend the Saturday half-holiday. (Cheers.)

The resolution was supported by Mr. J. HALLEGHAN (Shaftesbury Club), and passed.

The council and officers having been elected,

Mr. T. HUGHES, Q.C., proposed, and the Hon. DUDLEY FORTESCUE seconded, a vote of thanks to Dean Stanley, which was passed amid cheers.

Dean STANLEY said : At this late hour I cannot do more than express my grateful thanks to Mr. Hughes and Mr. Fortescue for the kind and too flattering terms in which they have proposed my name to this company. There are other occasions on which I am called upon to address working men, but on this, I think, the most welcome address I can give you is to say nothing at all. (Cries of "No !" and laughter.) I am heartily thankful to you, and hope on other occasions to address you, and say all I have to say. (Applause.)

Prizes for athletics were then presented by the Dean to various clubs, amongst them the St. Mark's, Shaftesbury, Devonshire, and Jewish Clubs.

A vote of thanks was accorded to Mr. Hodgson Pratt, the chairman of the council, and the meeting closed.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

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HOUSE AND HOME

LONDON: JUNE 19th, 1880.

HEALTH—ITS IMPORTANCE.

HEALTH has been described as the best wealth. It is so to its individual possessor, for without health wealth can bring no enjoyment; and to the community it is also a matter of the first importance. No nation can afford to disregard the question of health, as, if it does so, ruin will be the ultimate result.

Just now public attention is being directed to the question from various points of view. The discussion on Water Supply, and the proceedings of the committee appointed to inquire into that question, has had, and will continue to have, an educational effect. The continuous issues of works on hygiene from the pens of Dr. Richardson, Dr. Corfield, and other able health-reformers, are silently producing their effect. Scarcely a meeting on any social question can be held without the question being incidentally touched upon. Professor Flower, at the meeting of the Club and Institute Union, which we report in another column, took occasion to animadvert upon the barbarous form of the soles of boots and shoes. Holding up one of the prizes, the Professor said it could only be worn by those whose feet had been distorted by the shoemaker. We hope he will have a large audience when he re-delivers his kindly promised lecture upon "Fashion." If the public are educated upon the matter, tradesmen will supply an article more in accordance with nature's requirements.

The conference promoted by the Society of Arts directs attention to health as a matter of national importance. Upon the conference, and the public meeting held on Monday last, as a sequel to it, we shall have something further to say next week; and we urge all our readers to carry out the advice given to young men by Dr. Richardson at a recent meeting: "I would recommend every young man in this assembly to learn well the functions of his own body. Become as good a physiologist as you possibly can, and therewith learn all that tends to build up the body in a healthy and an active condition. Read the Rev. Richard Reade's essay on "Habit," which is worth any amount of money if it be widely dispersed throughout the world."

CURRENT OPINIONS AND EVENTS.

THE proceedings of the Water Supply Committee are being watched with great interest. The room in which the inquiry is being conducted becomes crowded as soon as the doors are thrown open; and from the character of the examination of Mr. Smith, the negotiator of the scheme of the late Home Secretary, last Tuesday, there can be little doubt of the thoroughness of the inquiry. At a meeting of the Statistical Society held on the same day, Mr. R. Price Williams, C.E., read a paper "On the Increase of Population in England and Wales." Regarding London, he said:—

"The decrements were very slight indeed, showing that it had not reached that declining stage in the rate of its increase long since arrived at in the case of Liverpool, Manchester, and many other large towns. The population of London had increased from 958,863 in 1801 to 3,251,913 in 1871. He did not think there were sufficient data for estimating the future increase of the population of London for any lengthened period, and he regarded as unreliable the enormous estimates which had recently appeared in connection with the question of the water supply of the Metropolis, where the population in the course of the next century was estimated at over 17,000,000."

On Tuesday last the Members for Hackney were entertained by their constituents at a *soirée*, held in the Shoreditch Town Hall. Regarding the proposed issue of post-office notes, Mr. Fawcett, the Postmaster General, said:—

"He had already introduced one measure into the House of Commons, and whether it would pass or not would probably depend on the extent to which scenes like that of the previous night were carried. (Laughter.) The measure seemed to be misunderstood, and its purpose mistaken, being simply to facilitate the transmission of small sums of money. He was told that this simple measure was a covert design to introduce a small paper currency and to infringe the Bank Charter Act. (Laughter.) He did not think he was likely to engage in wild enterprises of currency reform; and the sole reason which had prompted him to introduce this measure was that if a poor person, or any other person, wished to send a small sum from one part of the country to another—a son, for instance, to send his first half-crown saved to his mother—there was no way but was costly and cumbrous. He found that last year no less than 95,000 post-office money orders had been taken out for the sum of a single shilling, although twopence had to be paid for the order, and a penny for the postage, or, in other words, the commission on the shilling was 25 per cent. He had, therefore, proposed a scheme which would enable a person to send the sum of a shilling for a halfpenny, half-a-crown, five shillings, and seven shillings and sixpence for one penny, and sums of from ten shillings to a pound for twopence, and to be sent in a much easier way than by money order at the present time. (Cheers.) Let those who

thought a paper currency was going to be introduced remember that before these orders could be issued the hard cash must be paid across the post-office counter, which was a different arrangement from what was known about the indefinite issue of paper money, where the paper represented no cash, but simply the power of the printing machine to print off the notes. (Cheers.) He should not be deterred by the opposition of the banking interest from doing his best to pass such a measure as he had referred to."

Mr. Henry Richard, M.P., in moving his resolution for a reduction of armaments in Europe, made out a strong case against the war system. But the occasion was chiefly notable for the speech of Mr. Gladstone, which, while it did not go the length of Mr. Richard's proposition, must be regarded as condemnatory of the present European policy. Regarding the cost of the war system, Mr. Gladstone said :—

"I must say that when my hon. friend placed the cost of wars belonging to the past and in preparation for the future at £500,000,000 a year in Europe, I wished that I could reduce greatly that estimate ; but I cannot. (Cheers.) I feel that my hon. friend has not greatly overstated the cost. I think he is justified in saying that the withdrawal from fruitful industry to military purposes of the mind and the hand of man is in all cases a double loss, because you not only employ a man in that which does not produce, but you also withdraw him from the business of production, in which he would otherwise be occupied. I am not saying that this is an argument against those adequate measures of defence which each country is bound to take for its own security. But if from the withdrawal of labour from peaceful to warlike industry or idleness, as the case may be, the hon. member says the cost of war is doubled, I cannot find fault with him, nor can I find fault with him when he comes to another chapter—namely, the consequences of war. First, you have to consider the effect of your armament ; secondly, the effect of the withdrawal of labour from other pursuits ; thirdly, the consequences of former wars. In this matter it is much easier to judge our ancestors than ourselves, and we are most of us agreed that, as a rule, the wars which have led to the national debts of the world have been almost all wrong and unjust. (Cheers.) I was not aware that the figures were exactly as stated by my hon. friend, but I have no doubt that we do pay for these wars at the present time in Europe a sum in the shape of interest on the debt which is little short of that given by my hon. friend, so that I am afraid from 450 to 500 millions a year is the charge to Europe at this moment for its past wars and its military preparations."

In moving in the Court of Common Council that the honorary freedom of the City of London be presented to the King of Greece, Sir John Bennett, in the course of a singularly able speech, described Greece as—

"A nation which has stood before the world for five-and-twenty centuries—a nation which existed 500 years before the Christian era. I find that there flourished in Greece, at that early period, literature, philosophy, science, and art, in such forms that they have come down to us and the civilised world as the highest models for our imitation. (Applause.) I cannot conceive what the modern world would have been without the existence of Greece. A small people in a small country as mountainous as Switzerland, and encumbered by difficulties of intercommunication, the Greeks have comprised the founders of states, and powers, and peoples, and have taught the world through ages the best mode of life. Their poetry in the highest forms has existed from the earliest date, and it comes down now to us as fresh and glorious as ever. (Hear, hear.) So excellent is it, that we find a statesman like the late Lord Derby spending the greater part of his life in giving to us the poems of the 'Iliad' and the 'Odyssey.' Why, our own Gladstone is saturated with the wisdom of Homer! (Hear, hear, and applause.) And it is to be doubted whether we could have in all its richness the highest development of human oratory unless it had been for those great examples of ancient days. But it was not their poetry alone which distinguished the Greeks. Their dramatic literature and their wise conduct of public affairs showed their anxiety that men should be by those means elevated to a greatness consistent with the loftiest notions of human aspiration and duty. The Greeks taught mankind to fight, they taught mankind to think, they taught us even to conduct commerce. We find in Sparta a body of soldiers, not mercenaries fighting they cared not why and knew not wherefore, and training the people to exercise military power whenever necessity might arise. Even the women were trained athletes, and every child was a hero from its mother's breast. (Applause.) The result was that this invincible people became the masters of commerce throughout the Mediterranean."

Mr. Gladstone's proposed changes in the incidence of taxation upon alcoholic liquors will be generally received with satisfaction. Extreme temperance reformers will object to the reduction of the wine duties, and to the beer tax, if it is likely to reduce the price of beer. But they need not alarm themselves. Mr. A. Bass, M.P., when presiding at the annual meeting of the Licensed Victuallers' Schools at the Crystal Palace, on Tuesday last, said :—

"He had 20,000 friends amongst the licensed victuallers, as he regarded every customer as a friend. With respect to trade, times were threatening. There was a considerable agitation going on by powerful persons, who were supported by large sums of money, to attack their privileges by piecemeal legislation. He would urge the importance of union amongst themselves. The Prime Minister had proposed to transfer the malt tax to a tax upon the manufactured article, and the right hon. gentleman referred to a speech made by his (the chairman's) father, fifty years ago, and a mistaken impression had got abroad that his father and himself approved of the proposed changes, but they were opposed to these propositions both in principle and detail. He doubted if any one but the tax collector would benefit by the proposed change. The change was about to be made in the supposed interests of the farmer, but he believed in practice it would be found that the farmer had more to lose by it than anyone else. If there was one article more than another which the farmer could grow to compete with other nations it was barley, but by the transfer of the malt tax the brewer would be entitled to use substitutes in the shape of raw maize and raw grain. The hon. member also contended that the brewer would have to pay an increase of 2s. 10d. per quarter on the previous tax, and he would leave them to judge whether, under these conditions, the consumer was likely to get a cheaper or a better article." (Cheers.)

At a recent conference of the Society of Friends upon temperance, Mr. William Tallack pointed out the hardship inflicted upon the people of large cities, by closing coffee-houses and similar places on Sunday. If the Coffee Palace Companies really desire to encourage the consumption of non-intoxicating drinks, their establishments should be open all day on Sunday. There are crowds of people, who have no homes in which they can eat, but who must be fed. By providing good food, amid healthy surroundings, the promoters

of these establishments would be doing a real service to the cause of national sobriety and the elevation of the working classes. The advocates of "Sunday Closing" should well consider this question, which has an important bearing upon their movement. Mr. Tallack said :—

"With regard to Sunday closing, many who advocated this course were vehement Sabbatarians, and would also willingly shut up all coffee-houses on First-days. But they do not think of the poor man, and of the immense population which in our cities on First-days may be seen pouring out in their thousands from every artery in the suburbs. If we tried to shut all the houses we should produce an effect the opposite to that which we desired. The people would not stand it for a moment."

Another most important element in bringing about national sobriety, is the provision of attractive and pleasant non-intoxicating beverages. This is overlooked by the teetotallers generally, who merely urge the negation of abstinence. But the more thoughtful advocates of the temperance system are beginning to take the subject into account. At a recent meeting of the City of London Total Abstainers' Union, Dr. B. Ward Richardson, F.R.S., said, and his words deserve to be carefully weighed by all persons desirous of the extension of temperance :—

"I think something may be done in a social way by the introduction of simple drinks into the community. I know there is a great deal of feeling on this point. Some men of rather Puritanical character say, 'No, introduce nothing but that which is given us for our natural drink—water.' They say, 'If you introduce anything else there is danger.' There is some truth in that argument, and that truth is supported by this, that everybody who abstains truly knows quite well that he is never in such perfectly good health as when he trusts entirely to water as his beverage. At the same time there are a number of drinks, very simple, which are pleasant to the palate, which are but fruits, we may say, in solution, and other true gifts of nature in solution, which we may take, and which, being enjoyable, and being no real harm to the body, may be introduced. I should rejoice, myself, beyond anything I can express to you if I could, in my scientific life, before I leave this scene of work and action, take those vineyards which flourish in so many lands, and out of that luscious and luxurious grape, produce for the benefit of all mankind to come a drink which possessed none of the injurious qualities of alcohol, but at the same time was a nutritive, useful, inexpensive, and agreeable beverage to the human family. (Loud cheers.) Such a discovery would be the solution of a great commercial difficulty which always will stand in our path until those fields which are now turned into rivers of fire be turned into rivers of some agreeable and harmless beverage which shall be nutritive in its character and pleasant to the taste."

PROGRESS OF PUBLIC HEALTH.

The fifth annual two days' conference on the subject of the health of towns and sanitary legislation and administration was commenced on the 10th inst. at eleven o'clock, in the hall of the Society of Arts, John Street, Adelphi—Mr. Stansfeld, M.P., in the chair. Amongst those present were Sir U. Kay-Shuttleworth, Captain Douglas Galton, C.B., Lord Alfred Churchill, Dr. Richardson, Mr. Hyde Clarke, General Cotton, C.S.I., Dr. Bartlett, Mr. Cresswell, Q.C., Mr. E. Chadwick, C.B., Mr. Ernest Hart, and Mr. H. Trueman Wood (Secretary); also the Mayors of Exeter, Sunderland, and Rochdale, as well as many representatives of local sanitary authorities.

The Chairman, in opening the proceedings, stated, with regard to the programme, that it had been thought well that various subjects suggested by previous conferences should be discussed. The questions to be considered had been divided into four parts—viz., 1. The administrative organisation; 2. Amendment of the law; 3. Sanitary inspection and classification of dwellings; 4. Further suggestions by sanitary authorities. In 1876 the conference was confined chiefly to the disposal of town sewage and the dry and wet methods. As long ago as 1876 he had suggested, in reference to the work of the Local Government Board, that the administrative organisation should be strengthened by instituting an inquiry department for the assistance of local authorities wanting information and applying for it, charged with the investigation of scientific processes, the collection of statistical data, the official record of sanitary experiments here and in foreign countries, and the publication of periodical reports upon the results obtained. That subject would be discussed that day. One of the principal topics to be debated would be the organisation, election, and duties of local bodies. In 1877 they had discovered that the great obstacle to sanitary progress was the apathy of existing local bodies and the anything but disinterested opposition of the owners of property. Scientific men then said the difficulty might be easily overcome by substituting in all sanitary acts the verb "must" for "may," but discussion showed that it would be politically and practically impossible. They must, therefore, trust to local authorities, and the great object was to get the best men to serve upon them. But it would be a first step in that direction, besides saving an immense amount of trouble and labour, if all local bodies—town councils, local boards, boards of guardians, and county boards—were elected on one day all over the country. With regard to sanitary districts, the unity of area should be as large as local circumstances would allow; and the election should be by ballot instead of voting papers. These and other schemes of local government must be dealt with, but the great hope of the future would be to make the laws of health form part of the education of the children of the people. In concluding, he might mention that there was a growing conviction in the minds of thoughtful men of all parties that the duties of the Imperial Parliament must be lightened. (Hear, hear.) The Home Rule question was rapidly forcing itself upon England and Scotland as well as Ireland, and although that did not affect them as sanitary reformers, yet it was a reason why no effort should be spared to make the local and county boards as excellent as possible, both as to the modes of election and the duties and functions which ought to be imposed on such bodies. (Cheers.)

Mr. Ernest Hart read a paper on "County Boards," which consisted chiefly of an historical *résumé* of the position of the question as embodied in the proceedings of a joint committee of the Society of Arts and of the Health Conference. The conclusions at which it arrived were—the propriety of abolishing the distinction between urban and rural districts; the expediency of having one law for the whole area, and only one authority clothed with sufficient powers for all purposes of local government in each sub-division of the country; the necessity of large areas; the appointment of county boards; the importance of weekly returns of sickness; and of having for the large towns and for the larger areas of counties, officers entirely devoted to their public duties.

Mr. Lucas drew attention to the fact that at various county meetings county boards had been objected to, because, instead of simplifying local government, they would only add another element of confusion.

Mr. E. Chadwick, C.B., said that all changes of this kind must be preceded by local inquiry and examination.

Mr. Cresswell, Q.C., said that since 1871 very little had really been done for sanitary reform, and the object of the conference was not to ventilate new ideas, but to formulate the serious conclusions already arrived at as the axiom of 1880, which never need be re-discussed, but which may always be taken as a point of departure for future progress. They had not yet got county boards, but they were on the point of obtaining them. The programme suggested that "county boards should, *inter alia*, be charged with the conservation of rivers, including the prevention of floods and the storage of water; and be empowered to put the Rivers Pollution Act of 1876 in force upon the complaint of any local sanitary authority, or other person aggrieved, and to charge the cost of the proceedings upon the county rate, or to sanction proceedings of any sanitary authority, or of any such aggrieved person, for such purpose." One of the greatest defects of the Rivers Pollution Act was that it did not

make it worth anybody's while to put the act into force and made no adequate provision for the necessary expenses. If it were placed under the county board it might become a good, useful act, instead of a dead letter. Again the county boards ought to have the appointment of county health superintendents or medical inspectors, who ought to be men of undoubted ability and experience, not allowed to have private practice, and so well paid as to be put in a thoroughly independent position.

Mr. ADOLPHE SMITH remarked that sanitary laws could not be carried out unless the inspection was real and honest. In Paris when, say, an unwholesome manufacture was to be inquired into, an inspector was chosen by the prefect of police, who does not live in the neighbourhood, or is in any way connected with it. The inspector goes without knowing whether he is sent to report originally, or as a check upon some one who has reported before. No local influence or temptation to inaccuracy had, therefore, the least effect there.

Dr. ROBINSON (Dover) moved—"That it is desirable county boards should be established, and that their duties should include carrying out present and future Acts of Parliament, affecting health, education, roads, and rivers."

Some conversation ensued, and eventually the following resolutions were drafted and proposed by the CHAIRMAN: "That this conference confirms the resolution of 1878 in favour of the formation of county boards to conduct the ordinary administrative business of the county. It is further of opinion that such county boards should be instituted with the least possible delay; and that the functions entrusted to them, or conferred upon them, should be wide and full, and conceived with the view of enlarging and reinvigorating them. This conference is further of opinion that such county boards, or combinations of them, should, rather than the newly-constituted authority, have charge of the conservancy of rivers entrusted to them."

Professor WAY, in seconding the motion, said that as one of the first members of the River Pollution Commission he was struck with the mischief that arose from the subdivided administration of rivers. The federation of authorities as now suggested got rid of that difficulty.

After some discussion the motion was agreed to.

On the 11th inst. the conference was resumed, when the Right Hon. James Stansfeld, M.P., again occupied the chair.

The conference was not able to arrive at anything like a unanimous opinion with respect to the question whether the elections for local bodies should be conducted by ballot, or, as now, by voting papers.

On the question of the organisation of the Local Government Board an interesting discussion arose.

The CHAIRMAN said that in earlier days a number of Acts were passed which were called "Sanitary Acts," which was to a certain extent a misnomer. They were, in fact, Local Government Acts for the regulation of highways, drainage, building houses, and the like, which were only indirectly sanitary works. The present Local Government Board was the old Poor-law Board, with the addition of various other departments, which now included a medical staff, a staff of engineers, a staff of chemical inspectors, under the Alkali and other Acts. Then there were various boards throughout the country in continual correspondence with the secretariat. This system was open to grave objection. Its organisation was defective, there was danger of clashing and friction between the action of the inspectors and the central authorities, and it led to far too large an amount of correspondence with the secretariat of the Local Government Board. He looked at that Board as a great administrative business in London, which had branches all over the country. He would therefore divide the country into a smaller number of larger areas for the purpose of inspection: and that there should be in each area, without increasing the number of inspectors, a different classification, such as chief inspector, inspector of workhouses, inspector of engineers, and medical inspector, and so creating a complete inspectorial group for each of these enlarged areas. There should be a head of the board, who was not a secretary, who should never put pen to paper, but who should direct the policy of the board and deal with men and with the heads of other departments. In that way a more constant and consistent policy would grow up, and all persons employed would have greater independence, and a greater sense of independence, as well as responsibility, and there would be a more complete hold upon them from the centre for all great and good purposes. (Hear, hear.) He concluded by moving, "That in the opinion of this conference it is advisable to strengthen the administrative organisation of the Local Government Board, while diminishing centralisation and correspondence (*a*) by mapping out England and Wales into a few large areas, each area to be under the administration of a staff of inspectors, the whole under the superintendence of a permanent head of the department, properly assisted and relieved of secretarial work; and this conference is also of opinion (*b*) that there should be instituted without delay an inquiry department in the Local Government Board for the assistance of local authorities wanting information, and applying for it, charged with the investigation of scientific processes, the collection of statistical data, the official record of sanitary experiments here and in foreign countries, and the publication of periodical reports."

Dr. BOND seconded the motion.

Mr. E. CHADWICK, C.B., said that there was plenty of talk about the Local Government Board, but that body as it now stood, so far from being a board in any efficient sense of the word, was a stupendous sham. (Hear, hear.) The nominal head of the board, with his duties in the Cabinet and in the House of Commons, was naturally unable to discharge his duties of office, and those duties were left to secretaries, who also were overburdened, and so the work practically devolved on the clerks. (Hear, hear.) If ever inquiry were made into things sanctioned which ought not to have been done, and works approved which were injurious rather than beneficial, it would be found that responsibility did not exist. A real board should be constantly sitting and constantly acting, and it should be composed of men specially qualified for the work. At present these subordinate departments were all more or less inefficient. For instance we were now spending £27,000 a year on the Medical Department, and no results at any place could be pointed out in the reduction of the death-rate. Five years ago an expenditure of less than half that sum, with marked examples of reduction of the death-rate, were to be found. The present expenditure was wholly unprofitable in that respect. (Hear, hear.)

Mr. ALCOCK did not anticipate any objection to section *b*, but with regard to *a* there might be differences of opinion.

Dr. BARTLETT said that scientific processes of inspection had as yet been anything but successful, and quoted the practice of Drs. Frankland and Tidy as contradictory, and based upon arbitary tests to which objection might be taken, and in proof of this assertion he moved the omission of the words "charged with the investigation of scientific processes."

After some discussion this was accepted by the chairman, and the resolution so amended was agreed to unanimously.

In the course of a discussion, Mr. OWEN (Exeter) said the Adulteration Act was practically a dead letter, more especially as regarded milk adulteration, owing to the difficulty and cost of carrying it out.

On the motion of Mr. CRESSWELL, Q.C., seconded by Dr. WRIGHT (Cheltenham), the following resolution, as amended on the suggestion of Dr. B. W. RICHARDSON, was adopted:—

"That in the opinion of this Conference, it is expedient that the local authorities should be empowered by the Legislature to make provision for the sanitary inspection of dwellings, upon application being made by the owners thereof; and to grant certificates, on a defined system, according to the perfection of sanitary equipment and fitness for habitation of such dwellings, accompanied by plans of drains, closets, gullies, &c.; and to determine the scale of fees to be paid for such inspection during construction and repair, or otherwise, and also upon delivery to the applicant of the certificate awarded to such dwelling."

Dr. RICHARDSON urged the necessity of a thorough inspection and classification of houses. The certificates would declare the condition of the house at the time it was issued. They would protect the public and be a safeguard to the national health.

Mr. J. PEARCE (*House and Home*), while admitting the value of certificates, especially in inducing builders to construct houses in future so that they would merit a certificate, pointed out that existing houses, the majority of which were declared unsanitary, had all been built under supervision and inspection. He knew of instances where the greatest rubbish was used by builders, and the most slipshod workmanship employed—inspection notwithstanding. This either arose from the surveyors representing the vestries being overworked, or from their incapacity, or, what was worse, from their wilful blindness to the disgraceful work done under their supposed supervision. What was needed was thorough inspection.

It was stated during the debate that the conditions and mode of granting these certificates would be analogous to the practice of "Lloyd's" Association in granting certificates to vessels.

The following resolutions were unanimously adopted :—

"That it is desirable to amend section 252 of the Public Health Act, 1875, so as to extend the time for proceedings to twelve months or two years, or, at least, to six months after the offence is discovered and brought to the notice of the sanitary authorities."

"That the Council of the Society of Arts be requested to call this Conference together again when they may deem it advisable, especially to consider such advisability when a Government measure shall be brought in to create County Boards, or otherwise to deal with the question of local government."

A cordial vote of thanks to the right hon. Chairman concluded the Conference.

CORRESPONDENCE.

Whoever is afraid of submitting any question to the test of free discussion, seems to me to be more in love with his own opinions than with truth.—*Bishop Watson.*

(The Editor is not responsible for the views of Correspondents.)

FRIENDLY ADVICE TO "HOUSE AND HOME" ON CORSETS, FEMALE DRESS, VEGETARIANISM, &c.

To the Editor of "House and Home."

Sir,

What does "Homo," in your issue No. 72, mean by asserting that "throughout the animal kingdom the destruction of one animal by another obtains"? Whoever heard of a monkey, to which or whom the genus *homo* is so closely allied in structural formation, teeth, &c., preferring or seeking animal food, or of an elephant, a giraffe, a horse, or a cow doing so?

As for flesh-eating being such a universal and civilised practice, I did take some pains to disprove such a hasty conclusion in your issue No. 69. We hold, on the contrary, with Professor Newman, that so far from flesh-eating being a mark of civilisation, it is but a relic of barbarism, when man could get nothing else to eat.

What would become of all the animals? Well, is it necessary to ea them all? How about horses, donkeys, rats, cats, &c.? And is not the milk of cows and of goats allowed us? Do vegetarians refuse the fleecy covering of sheep? Are not bulls useful for ploughing land? It is true that they have been so utilised. At present we know very well that animals are purposely brought together and *bred* wholesale for the slaughter. As for heroes and *savants* who have practised vegetarianism, there are instances enough and to spare—Pythagoras, 570 B.C.; Seneca, 60 A.D.; Plutarch, 120 A.D.; Chrysostom; Pope; Dr. Cheyne; Dr. Lambe; Lord Byron; Shelley, the poet; the immortal Newton, who, while writing his great work on optics, lived without animal food; Howard, the celebrated philanthropist, who visited the foulest and most pestilential dungeons, was a rigid abstainer from animal food. Cyrus and his conquering soldiers subsisted on vegetable food and water—the immortal Spartans did likewise. We read of the ancient Romans carrying corn on the march, but not trains of sheep and oxen, like modern Englishmen.

Faithfully yours,

C. Delolme.

Winter does not belong to death, although the outside of it looks like death. Beneath the snow the grass is growing. Below the frosts the roots are warm and alive. Winter is only a spring too weak and feeble for us to see that it is living. The cold does for all things what the gardener has sometimes to do for valuable trees; he must half kill them before they will bear any fruit. Winter is, in truth, the small beginning of spring.—

George Macdonald.

THE HOUSEWIFE'S CORNER.

ENGLISH ARROWROOT BLANC-MANGE.

Mix a teacupful of arrowroot with a little cold milk; rub it smooth; boil a pint of milk with ten sweet and four bitter almonds, having pounded them smooth first, and having blanched them; sweeten this milk to taste with pulverised sugar; strain carefully; then pour this milk gradually into the arrowroot, stirring all the time; boil for five minutes, and pour into a mould to cool.

MILK-YEAST BREAD.

Take one cupful of milk, add hot water to warm the milk; mix sifted flour to make a thin sponge; let stand overnight in a warm place. In the morning add one half-cupful butter, and flour to sufficiently stiffen for bread, kneading thoroughly; fill pans half full, and in a warm place allow the loaves to rise to the top of the pans. Bake in a steady oven, not too hot, one hour.

"HOUSE AND HOME"—OUR FOURTH VOLUME.

Our issue for Saturday, July 3rd, will commence a new volume. Several improvements will be introduced into the Paper, and no efforts will be wanting to render it increasingly worthy of public support. The Number will contain a portrait and biographical sketch of

THE RIGHT HON. JOHN BRIGHT, M.P.

In consequence of the numerous letters of inquiry we receive from correspondents upon points of general interest regarding sanitary arrangements, houses, domestic management, &c., &c., we have determined to open an

INQUIRERS' COLUMN,

and correspondents seeking information are requested to address their communications to the Editor, 335, Strand, W.C.

PORTRAITS.

The following Portraits are in preparation :—

MRS. GLADSTONE.
THE DUCHESS OF SUTHERLAND.
THE BARONESS BURDETT-COUTTS.
THE EARL OF DERBY.
LORD ABERDARE.
SIR STAFFORD NORTHCOTE.
SIR WILFRID LAWSON, Bart., M.P.
PROFESSOR HUXLEY.
VICTOR HUGO.
THOMAS CARLYLE,
W. H. SMITH, Esq., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, Esq., C.B.
A. M. SULLIVAN, Esq., M.P.
GARIBALDI.
&c., &c., &c.

HOW OUR FRIENDS MAY HELP US.

Friends can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get "the trade" to take up a new penny paper, there being so many of them; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway bookstalls.

HOUSE AND HOME

A Weekly Journal for all Classes

DISCUSSING

SANITARY HOUSE CONSTRUCTION: OVERCROWDING: IMPROVED DWELLINGS: HYGIENE: BUILDING SOCIETIES: DIETETICS: DOMESTIC ECONOMICS.

"AN ENGLISHMAN'S HOUSE IS HIS CASTLE."—"THERE IS NO PLACE LIKE HOME."

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THE LATE MRS. L. F. FOWLER.

The Columns of "HOUSE AND HOME" are open for the discussion of all subjects affecting THE HOMES OF THE PEOPLE ; *and it will afford a thoroughly* INDEPENDENT MEDIUM *of* INTERCOMMUNICATION *between the* TENANTS *and* SHAREHOLDERS *of the various Companies and Associations existing for* IMPROVING THE DWELLINGS OF THE PEOPLE.

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MRS. LYDIA FOLGER FOWLER.

The portrait which graces our front page this week is one of a lady no longer among us, but whose works still live, and whose influence will long be known and felt in English homes. Mrs. Lydia Folger Fowler, who passed away a little over a year ago, in her fifty-sixth year, was the wife of Mr. L. N. Fowler, the eminent phrenologist, of the Imperial Buildings, Ludgate Circus, and had won a distinction in her own department of labour as great as that which her husband had gained in his. She early devoted herself to the study of medicine, and was one of the first of her sex in America to graduate as a Doctor of Medicine. Seeing as perhaps few do the importance of a knowledge of the laws of life for the attainment and maintenance of health and happiness, she devoted herself to the dissemination of knowledge on this subject with a zeal which was probably a little beyond the strength of her constitution, and so, it may be, brought her useful career to an earlier close than would otherwise have been the case. Mrs. Fowler was born in the Island of Nantucket, Massachusetts, United States. The daughter of Gideon and Eunice Folger, she was directly related on the paternal side to the mother of Benjamin Franklin, and possessed in no small degree many of the mental characteristics which that distinguished man inherited through his mother. She was an ardent student; but not satisfied with an education which would have made her pre-eminent among her sex, she decided on taking up the study of medicine, and for this purpose joined the Medical College of Rochester, New York, where she succeeded in taking her degree. She was the first female professor of obstetrics in a medical School in America; but giving up teaching for a more active sphere, she for several years carried on an extensive medical practice in New York city. In addition to this, she assisted her husband in his profession as a lecturer and author. She devoted herself to original authorship, one of the first-fruits of her pen being a treatise on astronomy, for the use of children—in this curiously showing the mathematical bent peculiar to the Folgers, from whom Benjamin Franklin inherited it. But Mrs. Fowler's sympathies drew her to humanity, and the older she grew the more she devoted herself to concrete rather than abstract studies. Men, women, and even children were suffering from broken physical laws—from intemperance and ignorance: here was a sphere for a philanthropist, and into it Mrs. Fowler threw herself, heart and soul. On the platform, with the pen, and by precept and example in the humbler sphere of domestic life, no opportunity was lost of striving to impress those about her with the beauty and happiness of obeying the divine laws of life. Mrs. Fowler travelled extensively in the United States and Canada, disseminating knowledge on this subject, and advocating the temperance cause, of which she was always a most ardent supporter. On one occasion she travelled right through the State of Indiana with a lady friend, lecturing every night on the subject of temperance. It was about this time that she published her first work bearing on temperance. It took the form of a tale, entitled "Nora, the Lost and Redeemed," and was first published, as a serial, in a Milwaukee paper; but was subsequently published in England in book form, and has gone through several editions. In 1860 Mrs. Fowler came with her husband to England, and soon after their arrival she took a trip to Italy with J. P. Newman, D.D. (late preacher to President Grant and Cabinet), and Mrs. Newman. On her return she spent a winter in Paris, attending medical lectures. Subsequently she spent some time in the lying-in hospital in Marylebone Road, where for three months she had charge of all the obstetric cases. Then she joined Mr. Fowler, and with him travelled and lectured in all the principal towns of England, Ireland, and Scotland. The laws of life and health, physical culture, and moral duty and obligation—these were the themes of continual addresses to her own sex in particular, but often to promiscuous auniences; and the amount of good she thus did, and the amount of esteem she won, can hardly be estimated. A number of her lectures she published in a volume, under the title of the "Pet of the Household." They constitute an invaluable guide to parents for the physical training and mental culture of their children, to whom, as the hope of the world, she ever paid paramount attention. Another work published during this period is her "Woman and her Destiny," a work addressed especially to women, and which has had a very extensive sale. Mrs. Fowler also frequently lectured on temperance. These efforts were invariably to mixed audiences, and on occasions of the kind she has filled some of the largest halls in England. In her style she was telling by her earnestness, and her womanly pathos and descriptive vividness were powerful alike to move to tears or laughter.

After a number of years thus spent, Professor Fowler decided to settle in London, and took premises in Fleet Street, where he has since carried on his profession, assisted, as usual, up to within a few weeks of her death, by Mrs. Fowler. In London Mrs. Fowler threw herself, if possible, still more ardently into the labours to which she was devoted. Besides aiding Mr. Fowler in his professional duties, she always had her hands full of independent literary work. The British Women's Temperance Society owes much of its activity and influence to her unwearied exertions as its hon. secretary. Twelve months ago she read a paper for the society at the Mansion House before a large and influential gathering.

Her last public effort was the giving of a lecture, jointly with her husband, on temperance, in the Congregational Church, Leicester Square, in November, 1878. Indeed, it may be said that she literally wore herself out by her devotion to the temperance cause, the last work she was engaged on being a temperance tale. Hardly was it finished ere she was laid on the bed of sickness, from which the next removal was to the grave.

It may be said that Mrs. Fowler was a martyr to the cause she espoused, for it was in visiting in a poor and lowly neighbourhood that she contracted the disease of which she died.

In her earlier life she was given to poetising, and shortly after coming to England published a volume under the title of "Heart Melodies." Mrs. Fowler was widely known and highly esteemed in England for her professional abilities and moral worth.

THRIFT PAPERS.

By T. Bowden Green.

No. XII.—*Thrift Abroad.*

"This was a way to thrive, and he was blest; and Thrift is blessing."
Shakespeare.

In concluding this series of papers, it may be well to look briefly at the way in which thrift is inculcated and practised abroad, and see how far we might adopt a similar course in reference to its development in this country. In alluding to this matter, Mr. Brassey, M.P., says: "The working classes in the agricultural districts in France are, as a rule, much more provident than the same class in England." Though this is a fact altogether beyond dispute, yet we may well stay and inquire into the reason of it. In the first place, then, the French Government gives greater facilities both for the investment of small sums and for the purchase of small plots of land. These are two great incentives to thrift, which our Government would do well to carry out. Land is not only the most substantial and appreciable representative of wealth, but it is, moreover, the only *enduring* one, and the savings of industry when thus expended are always within easy reach; whereas how many of the working classes at home are altogether deterred from exercising thrift and self-denial by seeing the number of those who, having exercised these virtues, have altogether lost their hard-earned savings by foolish investments, by the breaking of banks, or by some other of the manifold ways for losing at one stroke what has cost many years and much self-denial in attaining?

Then again, whilst the French peasantry and the labouring classes generally throughout the Continent are content to live on humble and frugal fare, the English working classes are, as a rule, disposed to have everything in the way of food—and the best of food—which they can possibly purchase. Saving in this respect is indeed very little practised, and the waste in food itself, as well as in its purchase and preparation, is very lamentable. The question of food reform amongst our working classes is a very important one, and one which the recently established Food Reform Association would do well to take thoroughly in hand.

Again, many of our Continental neighbours are very considerably in advance of us in regard to savings banks. It is now just a century since the first savings bank was established, and that was not in England but Hamburg. Twenty years later, and they slowly began to take root in this country. Penny banks also, and various other means for promoting thrift, are paid far more attention to on the Continent than they are with us.

Mr. J. G. Fitch, one of Her Majesty's Inspectors of Schools, who has recently visited Ghent, records that a system of savings banks had been tried in connection with the schools in that town, and out of 16,000 scholars no less than 10,000 had made deposits, and had saved during the period of twelve months a sum equal to £5,000, though the average wages of the parents of these children are, Mr. Fitch tells us, "below those of most towns in England." What town in this country, however, could boast of having 10,000 children as depositors in savings banks?

Where thrift is thus in various ways widely inculcated and encouraged, the people grow up with the habit formed upon them, till it becomes part of their nature, and is thus handed on to future generations. England is at last making *some* advance in this direction; and we may trust that if these efforts are maintained and increased, her people will by-and-by become as provident and thrifty as are those of her neighbours across the Channel; but before this desirable result is accomplished the amounts spent in beer, spirits, and tobacco will have to be very considerably diminished. If but one half of these amounts were saved and put aside for future use in case of need, we might almost lay claim at once to be a thrifty people; but with such intemperance in these respects as at present prevails, this is impossible. By increasing the facilities for thrift we shall lessen intemperance; and with diminished intemperance thrift will be still further promoted. Let us then as a nation do everything that lies in our power to encourage and develop thrifty habits. The work is a noble work, for it teaches men to exercise thought and prudence, to forecast future wants, and to provide for them out of present opportunities. The work is a noble work, for it teaches them to rely upon their own resources, to put by for times of sickness and distress, and to be more independent than they at present are of charitable assistance and relief. The work is a noble work, for it discourages waste, intemperance, and extravagance, whilst it encourages industry, good management, and sobriety. The work is a noble work, for increase of thrift means promotion of happiness, advancement of prosperity, increase of usefulness, and decrease of crime; and lastly, the work is a noble work, or it would not have been taught by our Divine Master, who most assuredly practised economy and inculcated the first principles of thrift, when He said to His disciples and to those around, "Gather up the fragments that remain, that nothing be lost."

I confess our later generation appears unjust, frivolous, compared with the religion of the last or Calvinistic age. There was in the last century a serious habitual reference to the spiritual world running through diaries, letters, and conversation—yes, and into wills and legal instruments also—compared with which our liberation looks a little foppish and dapper.—
Emerson.

A FORTNIGHT IN A HOME FOR INEBRIATE LADIES.

[*A Paper Read by Dr. J. C. Reid, at a Conjoint Meeting of the North of England and Border Counties Branches of the Bristol Medical Association, Gilsland, April 20th, 1880.*]

"Restrain the drunkard, if you would set him free
From the vile thraldom of the tyrant Drink.
He neither has the power to fight nor flee—
Control him! till he soberly can think,
And resolution form to act the man,
And pledge himself for ever to abstain.
This is a simple yet a thorough plan,
And to effect it he must in charge remain
Till he can trust himself, and 'tis seen clear
He can be trusted the right course to steer."

Resurgam.

MR. PRESIDENT, in presuming to occupy your time on this occasion, I desire, in the first place, to awaken your sympathy for that miserable abortion of a defunct Parliament, the Habitual Drunkards Bill, to stimulate the power wielded by our Association, to influence the House of Commons, to restore the deleted clause, and give it a vitality and visibility that will render it a beneficial measure of restraint, and a practical remedy for restoring the victims of intemperance, not only to the domestic circle, but the community they influence. I shall now give you, from actual observation, a short sketch of the working of an unlicensed retreat, conducted on the voluntary principle. Knowing, from my boyhood, the hardships some of my schoolfellows had to endure from the intemperate habits of either father or mother, long anterior to the era of temperance societies, I had the idea of what a boon it would prove to many a disheartened household if there were places where drunkards could be sent where they would be compelled to work without a drop of drink. This boyish fancy was in after-years strengthened by perusing my father's private journal, when surgeon of H.M.S. "Esk," whilst cruising for slavers on the Gold Coast of Africa in 1824-25. After detailing the deteriorating effects of drink, which admitted of two courses, "Abstain and live," or "Drink and die," he went on to say he would advise the home authorities to send all incurable drunkards to this station (Prince's Island), especially if they were men of education and reflection. No wonder that I have taken a deep interest in the Habitual Drunkards Bill, and at our last meeting in Edinburgh lifted up my voice in its behalf, and subsequently wrote three letters in the *Daily Review* in defence of it. I had a longing desire to see for myself the internal economy of a home for inebriates. Circumstances favoured me, and last year saw me a visitor in Mrs Theobald's, Tower House, Leicester. This establishment is for ladies only, of the upper middle class—terms from £2 2s. to £5 5s. per week—medical attendance by Dr. Clarke, extra. My curiosity had been previously roused by the reading of a pamphlet consisting of testimonials, and letters brim-full of gratitude, having also been informed that medicine played but a sorry figure, and that the panacea was simply entire abstinence and a combination of womanly sympathy. Remembering, too, that this was the first venture of the kind in England, the conclusion I came to was to ascertain if all written about it were true? Tower House is two miles out of the town, and stands on its own ground, surrounded by luxuriant shrubbery where singing birds abound; there are greenhouse, croquet-lawn, ample kitchen-garden, stables, coach-house, and all the *et ceteras* needful for an establishment of twenty-one rooms well furnished, almost luxuriously so. That the sanitary arrangements are perfect is proved by the fact of not a single death occurring since the house was opened thirteen years since! The treatment consists in early rising. The bell rings in winter at 7.30 a.m., at 8.30 for breakfast, at 1 for dinner, at 5 for tea, and 8.30 for supper, and at 10 for prayers. Another matter is not only the punctuality of meals to a minute, but an ample and varied supply of the best of everything in season, cooked *secundum artem*. Here I may observe (in parentheses) the claims put forward by the vegetarians in behalf of their system in conquering the drink crave, without giving any opinion of my own, except the old wise saw, "What is one man's meat is another's poison." Mrs. Theobald assured me that nutritious food, consisting largely of animal diet, and plenty of it nicely prepared, was one of her most successful agents. There did not appear to be a single dyspeptic in the house. The law of kindness predominates; in fact, Mrs. Theobald is formed by nature and education to carry on the work, which engrosses her whole mind and energies, and were she not so well supported by three able assistants, she would break down under the severe strain. The crowning part of the treatment is the total exclusion of all alcoholic compounds, and here lies her chief power, no tampering with the scorpion, no substitution of spirits of sal volatile, no lavender water or eau-de-Cologne, nor even camphor, allowed under any pretence.

The effects of the treatment. I saw no appearance of discontent; all seemed happy and cheerful, and as busy as bees; you could suppose them Solomon's ladies employed in all sorts of needleworks—silks, fine linen, wools, and cotton—one ball of the last being a mile long—preparing for the decoration of the Temple. A closer inspection would have shown that they were articles of feminine attire. Nor is that solace of the mind, music, neglected. Occasionally during the day you might hear the piano. After tea, when all were plying their needles, several, in turn, took their position at the piano, then a song, followed by a duet. After supper there was a continuance of the music, whilst a game at whist, chess, or draughts exercised the minds and skill of others until prayers, after which those who felt inclined retired to their rooms, where all were expected to be by 11 o'clock. The gas is not turned off at night, as it is in some establishments, which I consider an objectionable economy. Once a week there is a dance—every Wednesday hot baths for those who choose. As for the ladies, the reason of their retirement was not a subject for general conversation; sometimes it was mentioned in a quiet manner—for instance, one lady told me she would never have been so bad as she was had it not been for the servants, who sat up with her to watch that she did not get drink, making her drunk so that they might get to bed. Another told me this was her second visit. She had been out two months visiting her own and husband's friends, and for a season she "held fast her integrity;" one of those dogged irrepressibles in female form insisted on her "just tasting her wine that was of some famous vintage, and so recommended by the faculty," when, like the tame fox which licked a few drops of blood, its savage nature awoke with awful power. Generally speaking they were all very pleasant and agreeable; their conversational powers reminded me of an incident that happened in Scotland between two of my schoolfellows in after-days. Man: "Doctor, what a lot of books you've got!" "Would you like me to lend you one?" "Yes, and much obliged." Johnson's Dictionary was handed to him, and when returned he said he "found it very entertaining, but unco little on one subject!" Of course there were many things told that it would be very imprudent to repeat. This establishment will in no wise be benefited by the Act. The proprietor will not take out the license; her system is one month's notice. Some few walk quietly in of their own accord. One lady, after a year's sojourn, left; not a month elapsed till in she coolly walked. "Now, don't be alarmed; I am all right; but I did not feel at all safe, and I have come back to make myself secure under your roof." After a second year she left, and whilst I was there a letter came from her expressive of such delight at being so long free from any temptation, and so overflowing with grateful thanks and pleasant recollections, that it did one good to hear of her complete restoration, and her deep sense of obligation for the great interest taken in her. Whatever morbid ideas some patients may have as to their seclusion before their admission are soon dispelled, and however ill on their arrival they are not long in finding their way downstairs. The inmates can go out and in their own rooms or the dining and drawing rooms, or roam in the grounds at their own sweet will. They can write to their friends when and what they like. Married ones receive visits from their husbands. The ladies can go to church, opera, theatre, or concert, have a walk or drive into town or country, but outside the grounds a *guide* invariably accompanies them; in fine, there is not any appearance of restraint—neither locks nor bolts to bar their exit. There are two London dailies, several serials, weeklies and monthlies, besides a well-stocked library. Whilst I was there a letter of anxious inquiry came from a petty officer on board of one of our sea-going steamships, so full of love and sorrow, redolent of the most earnest solicitude for the reformation of his drunken wife. I never thought a man's affection could have survived all the misery and total shipwreck of his once happy home, as well as the loss of all he had, save his clothes and wages. He pleaded hard for her admission, and if she could not be received to mention some safe refuge where she would be secure when he was far from her, caring less for the perils of the deep than for the dangers to which drink exposed the poor wretch he still loved with all her faults. I here quote a picture of such a case by a recent writer—

"Wasted in form, in face, in mind, she wanders downward to the grave,
To every worthy impulse blind—repulsing every hand to save."

Yet many such wrecks of humanity have been saved at Tower House, for drink like death reduces all its victims to the same level. For although Mrs. Theobald does not profess to cure all her patients any more than we ourselves do (some tire too soon, or think they are cured), the many saved by kind restraint have been to her a comfort and a stimulus. And now, in conclusion, if what I have so imperfectly advanced will induce you to use your influence to obtain compulsory education for the drunkard, which we have got for the juveniles, and the establishment of county or national retreats, and thus terminate our present sham legislation, I shall not have written in vain, and occupied your time to no purpose. Thanking you for your patient attention, and apologising for the length of my paper, I leave the matter for your serious consideration.

NOTICES.

All communications for the Editor should be legibly written on one side of the paper only. As the return of manuscript communications cannot be guaranteed, correspondents should preserve copies of their articles.

Books for review should be addressed to the Editor at the Office.

Announcements and reports of meetings, papers read before Sanitary and similar Institutions, and Correspondence, should reach the Editor not later than Monday morning.

It is understood that articles spontaneously contributed to 'HOUSE AND HOME' are intended to be gratuitous.

In all cases communications must be accompanied by the names and addresses of the writers; not necessarily for publication, but as a guarantee of good faith.

The Editor is *not* responsible for the opinions or sentiments expressed in *signed* articles.

'HOUSE AND HOME' will be forwarded post free to subscribers paying in advance at the following rates:—

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*** *Only approved advertisements will be inserted.*

Advertisements are received up to 12 a.m. on Tuesdays, for insertion in the next number. Those sent by post should be accompanied by Post Office Orders, in favour of JOHN PEARCE, made payable at SOMERSET HOUSE, and addressed to him at 335, Strand. If stamps are used in payment of advertisements, HALFPENNY stamps are preferred.

HOUSE AND HOME

LONDON: JUNE 26th, 1880.

ONE STEP FORWARD—LOCAL OPTION.

AFTER a Parliamentary struggle of sixteen years, Sir Wilfrid Lawson succeeded in scoring his first triumph in the House of Commons on Friday the 18th inst. The first division on the second reading of the Permissive Bill was taken in May, 1864, when thirty-five votes were recorded in its favour, and 292 against it. The hon. gentleman lost his seat at the General Election of 1865, in consequence of his advocacy of the Permissive Bill, but he regained it in 1869; and on testing the question again it was found that his supporters had increased to 87, while his opponents were reduced to 193. In 1870 his supporters numbered 90, and his opponents fell to 121; so that the second reading of the Permissive Bill was only rejected by the narrow majority of 31. This division is noteworthy, as having been the most favourable one ever taken on the question. In 1871 the "trade" exerted its utmost, making the subject as its present Parliamentary agent, Mr. Candelet, put it, "a bread-and-butter question." Sir Wilfrid Lawson's adherents, too, put forth their best endeavours, and on the division being taken it was found that 124 had voted for the Bill, and 196 against it. In 1873 81 votes only were recorded in favour of the Bill, while the opposition rose to 321. In 1874, 75 voted for the Bill, and 301 against it. In 1875, 86 members voted with Sir Wilfrid Lawson, and 371 against him, the majority against the second reading of his Bill reaching its highest point—285, being larger by 28 than the majority by which the second reading was lost in 1864, when the first division was taken upon it. In 1878 the voting was: for, 86, against, 288; and this was the last division taken in the House of Commons on the Permissive Bill.

In 1879 Sir Wilfrid Lawson changed his front, and moved for the first time his Local Option Resolution, the terms of which are as follows:—

"That, inasmuch as the ancient and avowed object of licensing the sale of intoxicating liquors is to supply a supposed public want, without detriment to the public welfare, this House is of opinion that a legal power of restraining the issue or renewal of licenses should be placed in the hands of the persons most deeply interested and affected—namely, the inhabitants themselves, who are entitled to protection from the injurious consequences of the present system, by some efficient measure of local option."

On a division being taken, it was found that 114 had voted for the resolution and 252 against it. Shortly before the dissolution of the late Parliament, and early in the present year, Sir Wilfrid Lawson again divided the House of Commons upon the resolution, when 134 voted with him, and 248 against him.

On Friday last, after a debate most encouraging to the friends of temperance, in which Mr. Gladstone took part, the resolution was carried by the Parliament "fresh from the constituencies"—229 voting for it and 203 against it.

The intense interest taken in the question was evidenced by the large numbers of persons in and about the precincts of the House. The announcement of the result caused the most intense excitement in the House and in the Lobby. The friends of temperance were animated, if not intoxicated, by their success, while the discomfiture of the representatives of liquordom was unmistakably apparent. Congratulations poured in upon Sir Wilfrid on all hands, and the Press throughout the country displays a remarkable unanimity in eulogising the hon. baronet for his unswerving devotion to an unpopular cause through good and evil report, and in congratulating him upon a success which every one knew would ultimately crown his labours. We certainly gathered, a few months ago, from our reading of the public journals, that Sir Wilfrid Lawson was the fanatic leader of a forlorn hope; but that we were under a misapprehension the present attitude of the Press demonstrates. Says one leading daily, "Nobody but the publicans will regret the result."

Sir Wilfrid has secured his first victory, and we now wait for a Government measure which, if equal to the occasion, should, as the *Times* put it a few years ago, reduce our national drinking by one-half.

CURRENT OPINIONS AND EVENTS.

ON Wednesday morning Mr. G. C. Peacock, the inspector of the Holborn district, reported to the board that he had seized in the Dead Meat Market 997 lbs. of beef and mutton, and on Monday 760 lb. Since the last meeting of the board the total quantity of unwholesome meat seized by him and condemned amounted to 36,225 lbs., the whole of which had been sent to Bow Common. The excessive heat prevailing during the last few days had caused the meat to become tainted while in transit to London. While this state of things continues our friends, the vegetarians, undoubtedly have the best of the argument, or rather the practice.

The annual meeting of that very useful society, the Commons Preservation Society, was held on Wednesday last, when Lord Mount-Temple presided. His lordship, in commending the Society to public support, said :—

"The Society had been quietly, unostentatiously, but yet usefully, working to secure the objects it had in view for fifteen years. They had not hitherto held a public meeting, or sought public sympathy and pecuniary aid. Now, however, the committee of the Society wished to appeal for public support in pursuance of its objects. At first their aims were regarded as Quixotic, though there was nothing of Don Quixote in them, save the application to circumstances of those virtues of chivalry which were caricatured in Cervantes' famous story. The Society had thrown its shield of protection over the poor and the weak against the rich and the strong. They had fought their battles strenuously, earnestly, and successfully. The Society could claim the credit of preserving 3,000 acres of land for ever, for the use of the public, in Epping Forest."

Professor Fawcett claimed for the Society the credit of the great advance in opinion on the question of open spaces, both in and out of Parliament, and regarding the need of the Society's work, he said :—

"There was not a common about London, from Wimbledon and Mitcham in the south to Hampstead in the north, from Wisley in the west to Epping in the east, which had not been threatened with destruction ; and he believed in every single instance that Society had exercised a not unimportant influence in maintaining these commons for the perpetual use and for the perpetual enjoyment of the London public. Whatever public position he might hold he should never lose the interest he felt in preserving the remaining open spaces of the country for the recreation of the people. He moved the adoption of the report."

On Tuesday last a disgraceful attempt to brand as a thief an innocent girl has been exposed at the police-court. It appears that some time ago the wife of a well-to-do farmer in the neighbourhood engaged a servant. Through some misunderstanding the girl was discharged from her service, and shortly afterwards the mistress informed the police that she had been robbed of a £5 note, which had been taken from a roll of six or seven which she had put in a box. Inquiries were made, and the police were soon satisfied that the girl was innocent ; but from certain facts which ultimately came to their knowledge the mistress was directly accused of taking the money herself, whereupon she began to cry, and acknowledged that she had appropriated the money, and purchased, unknown to her husband, some articles of fancy dress. The Bench very strongly commented on the conduct of the mistress as highly deserving of punishment, while they expressed much sympathy for the girl. The present fashions in female dress lead women to run into extravagances, and induce them to commit crime even, to gratify their love of display. In the present instance a woman in a good position is found.

At a special meeting of the governors of St. Thomas's Hospital, on Wednesday last, called to consider a draft order of the Charity Commissioners, providing for the admission into hospitals of paying patients, Dr. Carpenter expressed the opinion that the scheme would have been better had it included a certain number who should contribute a portion of their maintenance while in the hospital. Ultimately that would be the direction in which the hospital should have to go, because under the laws of the land the poor were provided for in the infirmaries that belonged to every parish or union. He should like to see an amendment made, so that some of the patients would pay, say one-half of the expense of their maintenance.

The Coffee Music Hall Company has secured the Victoria Theatre, which will be turned into a temperance music-hall. A capital of £5,000 will be required to work the project, but of this £3,500 are already subscribed. On Tuesday last a meeting of the supporters of the scheme was held at the residence of Sir Harcourt Johnstone, 34, Belgrave Square, the hon. baronet presiding. Dr. Norman Kerr, who was the principal speaker, said :—

"They were not a total abstinence propaganda, nor were they banded together for any religious or moral reform. Neither were they a musical reform nor a charitable society, but they wished to present to the working men, women, and children of the community a club which would be as truly a club to them as any in Pall Mall was to the upper classes. They had found a good manager, Mr. Bullock, and music would not be allowed to fall too low when they had on the council men like Sir Julius Benedict and Mr. Carl Rosa. (Cheers.)

We have previously called attention to this important movement ; and we again express the hope that adequate support will be accorded to the project, and that the success attending the experiment will lead to similar attempts both in the Metropolis and in the provinces.

Sir Wilfrid Lawson's success in carrying his Local Option resolution marks more clearly than anything else that has occurred during the present session, the great difference between the late and the present Parliaments.

The Royal Society for the Prevention of Cruelty to Animals deserves great credit for interfering with the very cruel practice of boring the ears of cattle, the property of the Duke of Leeds. At the Court of Petty Sessions, Bedale, on Tuesday last, Mr. Whylie, steward to the Duke of Leeds, five of his assistants, and seven farmers were charged by the Royal Society for the Prevention of Cruelty to Animals with an offence under 12 and 13 Vic., cap. 92, for cutting and punching the ears of fifty cattle about to be turned into Hornby Park, for the alleged purpose of identifying them, the animals being the property of several owners. The evidence showed that this practice of marking cattle at Hornby Park had prevailed beyond the memory of man, but that it is a cruel custom, because the blood-vessels and nerves of the ear are severed and torn, and festering wounds are caused thereby. On the occasion of this offence an officer of the society was present, by direction, to protest against the usage ; but his remonstrances were unheeded by the steward, who ordered his assistants to continue the proceedings, declining to take the cattle into the park until the operations were fully carried out. The prosecution contended that this mutilation was unnecessary, as other measures of a humane character are employed

generally for a similar purpose. The Bench took the same view of the matter, and fined the defendants £9, including costs.

Speaking at the banquet given by the Lord Mayor, to representatives of the railway interest, on Tuesday last, the Right Hon. J. Chamberlain said of his department :—

"I am glad to tell you that, so far as I can discover, the relations with these great interests have been, generally speaking, of a friendly character, and with goodwill on both sides I see no reason why they should ever be otherwise. I would, however, beg you to bear in mind that there is a continual pressure of public opinion on the Board of Trade to do more than we have ever yet done. There never takes place an accident of an exceptional character in connection with these great enterprises that there does not immediately arise a cry for more stringent control on the part of the Government; but during my term of office I shall claim the assistance and co-operation of all who are interested in these matters to render such interference as far as possible unnecessary, and by meeting voluntarily every just and reasonable demand on the part of the public for greater convenience and security, to render not only unnecessary, but impossible, more stringent interference and centralised State control. (Cheers.)

The proposal of Mr. Ruskin to "arrange (at Walkley) such a museum for the artisans as they have not yet dreamed of" is now fairly before the public, and the Professor announces that "he is ready to receive subscriptions for St. George's work from outsiders—whether zealous or lukewarm—in such amounts as they think fit." He has "ground enough and place for a pleasant gallery for such students as Sheffield may send up (to Walkley) into the clearer light." If the "outsiders" are willing to assist Mr. Ruskin in providing funds towards enlarging the present building (and many have already done so) the museum will probably become a permanent local institution, well stocked with valuables, which shall have passed the critical examination and approval of their possessor. In acknowledgment of Mr. Ruskin's desire to encourage gratuitous education in art, and thus elevate the taste of the public, the committee of the Nether Hallam Conservative Club recently sanctioned the proposition of a member to open a subscription towards the museum extension fund, and it was met with a response to the amount of £7 10s.

PORTRAITS.

THE following Portraits are in preparation :—

MRS. GLADSTONE.
THE DUCHESS OF SUTHERLAND.
THE BARONESS BURDETT-COUTTS.
THE EARL OF DERBY.
LORD ABERDARE.
SIR STAFFORD NORTHCOTE.
SIR WILFRID LAWSON, BART., M.P.
PROFESSOR HUXLEY.
VICTOR HUGO.
THOMAS CARLYLE.
W. H. SMITH, ESQ., M.P.
DR. LYON PLAYFAIR, M.P.
EDWIN CHADWICK, ESQ., C.B.
A. M. SULLIVAN, ESQ., M.P.
GARIBALDI.
&c., &c., &c.

THE POET AND HIS SONGS.

As the birds come in the Spring,
We know not from where ;
As the stars come at evening
From depths of the air ;

As the rain comes from the cloud,
And the brook from the ground ;
As suddenly, low or loud,
Out of silence a sound ;

As the grape comes to the vine,
The fruit to the tree ;
As the wind comes to the pine,
And the tide to the sea ;

As come the white sails of ships
O'er the ocean's verge ;
As comes the smile to the lips,
The foam to the surge ;

So come to the poet his songs,
All hitherward blown
From the misty land that belongs
To the vast Unknown.

His, and not his, are the lays
He sings—and their fame
Is his, and not his—and the praise
And the pride of a name.

For voices pursue him by day,
And haunt him by night,
And he listens, and needs must obey,
When the Angel says, "Write!"

Henry W. Longfellow in "Atlantic Monthly."

"HOUSE AND HOME"—OUR FOURTH VOLUME.

OUR issue for Saturday, July 3rd, will commence a new volume. Several improvements will be introduced into the Paper, and no efforts will be wanting to render it increasingly worthy of public support. The Number will contain a portrait and biographical sketch of

THE RIGHT HON. JOHN BRIGHT, M.P.

In consequence of the numerous letters of inquiry we receive from correspondents upon points of general interest regarding sanitary arrangements, houses, domestic management, &c., &c., we have determined to open an

INQUIRERS' COLUMN,

and correspondents seeking information are requested to address their communications to the Editor, 335, Strand, W.C.

HOW OUR FRIENDS MAY HELP US.

FRIENDS can render us very great assistance by ordering copies of *House and Home* from their booksellers. It is sometimes difficult to get "the trade" to take up a new penny paper, there being so many of them ; but this difficulty may be very much reduced by our readers asking generally for *House and Home*, both at the newsvendors', and at the railway bookstalls.